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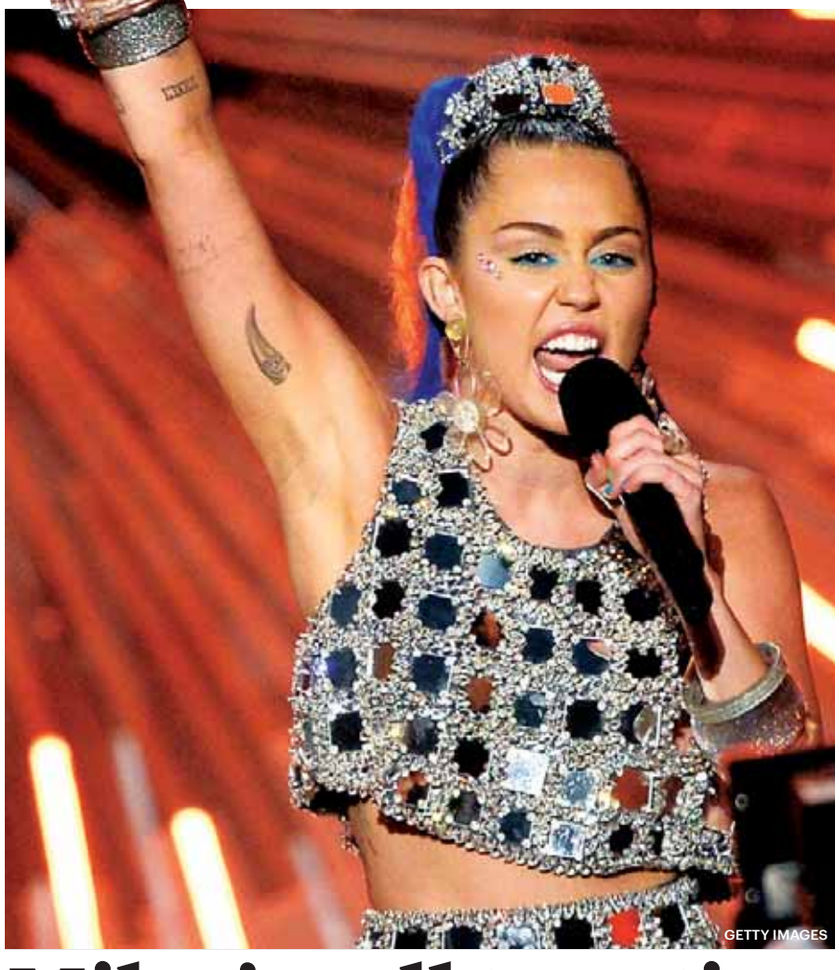

GETTY IMAGES

Miley's call to action

POP STAR URGES FANS TO PROTEST B.C.'S ONGOING WOLF CULL metroNEWS

PORN IN THE CLASSROOM

SCHOOLS

Therapist wants material included in sex education

Thandi Fletcher
Metro | Vancouver

As a new school year gets underway, a Vancouver therapist wants to see discussion about pornography included as part of the sex education curriculum in B.C. schools.

Jason Winters, who works as a therapist specializing in sexual health issues, including porn and sex addiction, said many children are going to be exposed to porn, whether they seek it out or not.

While encountering porn isn't harmful itself, he said not talking about the images openly with children is doing a "huge disservice" to them.

"These conversations have to be had. It's absolutely necessary because kids are going to discover this and come across this," Winters told Metro. "If they don't understand what it is that they're seeing, and it's not contextualized, it could potentially have a negative effect on them down the line."

Winters, who also teaches a course on human sexuality at the University of B.C., said pornography distils the "most intense parts of sex" into short clips intended as fantasy.

If children are learning about sex exclusively from pornography, "that's going to set them up for disappointment, confusion, frustration, and anxiety," he said.

"During that age, kids are really establishing a blueprint for what the world is going to be like for them as adults," he explained.

For children who come from a family background that looks at pornography as "evil or sinful or dirty," he said, they can develop toxic feelings toward sex, like a sense of shame, guilt or embarrassment.

Little data exists about the prevalence of children's exposure to pornography, and its impact on development.

A 2013 report led by Middlesex University in London, and commissioned by the U.K. Children's Commissioner found that a "significant proportion of children and young people are exposed to or access pornography." The report also found that exposure to pornography for children is linked to "unrealistic attitudes about sex."

Winters said he treats many adult patients who are still suffering the effects of inadequate sex education during childhood, combined with an abundance of false information about sex online.

The B.C. Ministry of Education did not respond to questions about whether teachers are allowed to discuss pornography as part of the sexual education curriculum.

Sex therapist Jason Winters
FACEBOOK.COM

A ministry spokesman, however, did say that a revised kindergarten-to-Grade 9 curriculum was introduced to classrooms this fall and that it will be fully implemented next year.

Within the new curriculum, he said, "there is space and flexibility in the curriculum to discuss these types of topics where local teachers deem appropriate."

While Winters understands that some might disagree with his views, he said he is not advocating that teachers screen porn in the classroom, only that they discuss it with children in an educational setting.

He emphasized that children will encounter porn regardless, and that it is "better to educate them than stick our heads in sand."

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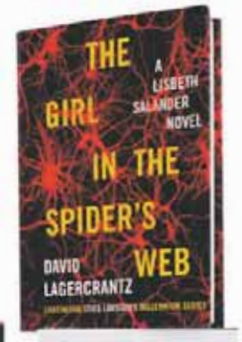

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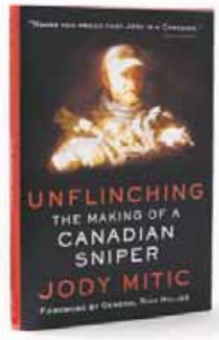

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metro NEWS
Your essential daily news

Apple unveils its newest twists on technology. **Business**

Mayor's $400K school breakfast plan held up

EDUCATION

School board taking steps to ensure city cash is spent right

Emily Jackson
Metro | Vancouver

One year after Mayor Gregor Robertson made an election promise to spend $400,000 on hot breakfast at local schools, none of the money has been spent due to bureaucratic challenges around the donation.

The holdup comes because the Vancouver School Board is in the midst of revamping its breakfast program for vulnerable children, the board's community engagement co-ordinator Jen Hill told Metro.

The donation-based program, which typically has an annual budget of $200,000, used to be managed on a school-by-school basis, but starting this year the board will manage it centrally.

The city's cash is being treated as a donation because it is a one-time expenditure, according to the December 2014 motion where council approved the budget.

The board isn't used to getting such a big contribution and doesn't want to spend it all at once to avoid the problem of kids getting food one year then being back without breakfast the next, Hill said.

Mayor Gregor Robertson and school board trustee Patti Bacchus announce plans to contribute $400,000 to breakfast programs on Sept. 18, 2014. JENNIFER GAUTHIER/METRO

The city's goal was to use the money to expand the existing breakfast program to reach 1,300 children daily. The school board will not know how many children need breakfast until enrolment numbers are finalized later this month, Hill said.

The board hopes the centralized breakfast program will be more responsive. It typically classifies schools at different need levels, but it wants to evolve to deal with changing demographics.

> **"How can we create a system that is somewhat sustainable, that isn't painting us in a corner of expectations?**
> Jen Hill

"You could have a student at a west-side school or an affluent school that is going to school hungry," Hill said.

The school board is also creating an internal system for food production and delivery where its food service staff will make the meals at two high schools with professional kitchens.

The entire process is expected to wrap up in the coming weeks, Hill said, adding the board is working with the city to ensure its donation is being used how it was intended and to help the most kids.

"We're all very excited to move forward with it," she said.

According to an emailed statement from the mayor's office, Robertson has "full confidence" that the school board will use the city's funding to get expanded programs up and running this fall.

CRIME

U.S. man accused of luring B.C. girl

Thandi Fletcher
Metro | Vancouver

A Virginia man has been charged with multiple sexual offences after police allege he travelled to Abbotsford and spent the night with a 13-year-old girl.

Joshua Michael Napoli, 33, of Newport News, Va., appeared in provincial court in Abbotsford on Tuesday. Abbotsford police spokesman Const. Ian MacDonald said Napoli and the girl connected online.

He said the pair exchanged messages, which became a "troubling but distant" friendship over the course of two months. In early September, the man made plans to travel to Canada and meet in person.

On Saturday, the man allegedly arrived in Abbotsford and rented a hotel room. Police said the young girl met him there and stayed with him until the morning. She left and called her guardian, who then contacted police.

Napoli was arrested outside the hotel on Sunday. He has been charged with sexual assault against a child, child luring and sexual interference.

MacDonald said the girl was shaken following the incident.

"It's horrible," said MacDonald. "It's absolutely a parent's worst nightmare."

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REAL ESTATE

Liberals to probe housing in city

Emily Jackson
Metro | Vancouver

The Liberals have promised to collect data on speculative real estate buying in Vancouver, the second federal party to make the pledge that fulfills a main request of the #DontHave1Million campaign.

The affordable housing activists behind the campaign — started by 29-year-old Vancouverite Eveline Xia to call attention to the city's unaffordable real estate — have been calling on the federal government since May to collect data on who is buying property and what they're buying it for.

The Liberals announced the data-collection plan on Wednesday as part of its larger strategy to invest $20 billion in housing over 10 years.

"We have to collect the data to be able to understand the problem," Vancouver Centre MP Hedy Fry said, adding the party will also focus on Toronto.

But Fry was careful to point out her party doesn't care whether the buyer is from Canada, just whether they're flipping the house.

"It isn't really about who is buying houses … the question is, 'Why are they buying houses and what are they using them for?' " she said.

"We think people are buying it and flipping it and using speculation on housing," she added. "It isn't only foreign buyers … local people are doing it, too."

She said the Liberals would look to Australia as an example of how to crack down on speculation driving up housing prices. Australia does, however, have specific rules for foreign buyers.

The Conservatives have also promised to collect data more specifically on foreign buyers, a pledge Prime Minister Stephen Harper made in Vancouver. It's not yet clear whether the Green Party or the NDP will do so.

FIRST NATIONS

Chiefs threaten courts, barricades

The chasm that exists in the relationship between British Columbia's political and aboriginal leaders was clearly defined Wednesday as talks got underway at a Vancouver hotel, in the second annual all-chiefs meetings.

While B.C.'s Aboriginal Relations Minister John Rustad said there has been remarkable achievements on economic and social fronts with First Nations, chiefs are threatening to go back to court battles and protest camps if things don't improve.

About 500 First Nations leaders are meeting with Premier Christy Clark and members of her cabinet this week with the expectation of signing a joint government-First Nations working agreement.

Grand Chief Stewart Phillip, president of the Union of B.C. Indian Chiefs, said they're giving the government a one-year deadline to negotiate a reconciliation deal.

"The underlying message is if we don't make any progress within the space of the next year, I would suggest all of this will fall through and it will be back to the courts and pretty much back to the barricades," said Phillip. THE CANADIAN PRESS

Greens promise 'big ideas and new ideas'

ELECTION 2015

May trying to say party more than a niche vote: Expert

Liam Britten
For Metro | Vancouver

The Green party released its full election platform in Vancouver on Wednesday, and the document has several items that affect B.C. in particular.

Party Leader Elizabeth May promised that pipelines proposed for B.C. would not be built, First Nations would be consulted more meaningfully about resource development projects, and federal subsidies to the oil and gas sector would be discontinued — including those for LNG projects.

She said the biggest change under a Green government, for the entire country, would be more collaborative decision-making on these and other issues.

"We've been operating through ad hoc-ery, and we've been operating under an elected dictatorship of one-man rule," she told a crowd of supporters.

Acknowledging that she had little chance of forming government, May also ruled out joining a coalition.

"We would like to sit in opposition in a healthy Parliament, which means it's our job to hold government accountable," she said.

UBC political scientist Richard Johnston doesn't make much of the Green's chances of implementing many of their policy goals, even in a minority Parliament, but does believe the platform accomplishes a few things for the Greens politically — especially if there's a new election in a few years.

"I think it's a part of trying to establish that she's here to stay as a party with more ambition than an environmental niche vote," he said.

"It's not likely that her individual seat will hold the balance of power in government ... but they might be willing to meet her at least halfway at least in terms of parts that are particularly pertinent to the environment."

Johnston noted the platform makes many wide-ranging promises, including the introduction of national pharmacare, dental care for low-income youth and a guaranteed livable income for all Canadians. And, of course, plenty about the environment.

It also promised more investment in green technology and more spending on infrastructure in cities.

"We know it's time to bring in the big ideas and the new ideas," May told a crowd of supporters at the platform's release event. "Let the other parties squabble over the turf at the cutting edge of the status quo."

"When will your other parties talk about eliminating poverty? Reducing the debt burden on young students and their families? Making education available by abolishing tuition by the year 2020?"

May said the platform was fully costed and the party, if they form a government, expects to have a balanced budget by next year.

They would achieve this, in part, by eliminating subsidies to the oil and gas sector, putting a price on carbon use and increasing taxes on large businesses.

Green party Leader Elizabeth May holds a copy of her party's platform during a campaign event in Vancouver, B.C., on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

> **Let the other parties squabble over the turf at the cutting edge of the status quo.**
> Elizabeth May

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INVENTION

‘Lolo Lid’ hides beer inside coffee cup

Thandi Fletcher
Metro | Vancouver

Jerry McArthur CONTRIBUTED

A North Vancouver man has invented a specialized 3D printed plastic lid that allows users to conceal a beer can inside a coffee cup so they can drink in public.

On the outside, the cover, called the “Lolo Lid,” looks like a normal plastic coffee cup lid. Underneath, however, the lid snaps onto the upper rim of a beer can, suspending it in a regular cardboard coffee cup so its user can enjoy an alcoholic beverage at the beach without the world knowing.

Inventor Jerry McArthur said he came up with the idea while he was going for a walk with his fiancée and wanted to have a beer on the way.

After being handed several fines or threats of fines in the past for consuming alcohol in public, McArthur said he didn’t want to take the risk.

“Just spending time around the beaches and the parks in Vancouver, you can see that everybody is trying some way of (concealing their beers),” he said. “So I thought this is something that will, for sure, sell.”

The lid helps to keep the beverage cooler for longer than a traditional beer “koozie,” he said. The cover also fits to the user’s lips and nose to make for easy sipping, while a secondary tube allows for even flow.

McArthur launched a Kickstarter campaign to raise $20,000 in start-up costs to manufacture the Lolo Lid. On Wednesday, he had surpassed his goal with more than $26,000 raised.

He said two companies have also approached him expressing interest in investing.

PETITION

Miley Cyrus wants end to B.C. wolf cull

Miley Cyrus wants the B.C. government to take a wrecking ball to its wolf culling program.

The pop star added her voice to Pacific Wild’s Save B.C. Wolves campaign with an Instagram post urging people to sign the petition to stop the cull.

“I am shameless when it comes to making changes in a world that at times needs to re-evaluate its morals when dealing with kindness and compassion towards animals, humanity and the environment,” Cyrus wrote in her post, which was liked more than 167,000 times as of Wednesday evening.

Cyrus’s fans flocked to the online petition, which received nearly 200,000 signatures as of Wednesday evening.

The B.C. government started the cull to save endangered mountain caribou in South Peace and in the South Selkirk Mountains. EMILY JACKSON/METRO

Workout equipment at Plateau Park beside Empire Fields, which officially opened in summer 2015. JENNIFER GAUTHIER/FOR METRO

Commissioner mulls renaming new park

MOTION

Athletic space may be suffering from branding woes

Emily Jackson
Metro | Vancouver

Betcha can’t remember the name of the new park beside Empire Fields.

The $10-million, 12-acre park that was completed this summer is officially called Empire Fields and Plateau Sports Park, but park board commissioner Sarah Kirby-Yung wants to change that.

She’s putting forward a motion at next Monday’s park board meeting to convene a formal naming committee for the park whose features include basketball courts, Canada’s first publicly funded outdoor parkour spot, ping-pong tables, a 600-metre running track and beach volleyball.

“(Plateau Park) was really a practical descriptor that was just put on a sign as a temporary measure. It wasn’t a thoughtful naming process,” Kirby-Yung said Wednesday.

“It’s also quite cumbersome to say.”

It appears the name might be giving the park a bit of a brand problem. A Metro reporter who passes by the park daily has never seen it busy.

“It’s really important to make sure people know it’s there, but it may take a little bit of time for people to get to know it,” Kirby-Yung said.

Typically parks are named after special physical features or prominent citizens.

This particular park has numerous activities, so Kirby-Yung said that could feature into its name.

“It is a special park and I think it sort of deserves to be celebrated in that way,” she said.

Commissioners will vote on her motion next week.

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Top picks for this year's Fringe

BACKSTAGE PASS

How to choose from among the fest's 108 shows

Graeme McRanor
For Metro | Vancouver

One of the most challenging aspects of the Vancouver Fringe Festival is picking which shows to see. After all, there are 108 of them.

My advice? Download the festival program guide and give every show blurb a thorough once-over. Then go with your gut and snag tickets to the ones that jump out at you.

You could also scan the Internet or local papers to see which shows are getting the most buzz. Or, you know, you could ask around.

Then again, since all Fringe shows are chosen by lottery or on a first-come, first-served basis, why not let chance decide and pick shows based on where your finger lands on the page/screen?

Don't like any of those options? Then check out the listings below — they're the closest thing to a sure bet that you're going to get. For the full program guide, go to VancouverFringe.com. And happy Fringe-ing, everybody!

Fringe-for-All: If your decision-making process requires some hilarious visual aids, then this two-hour preview is for you. Hosted by David C. Jones, Fringe artists have two minutes to convince you to come to their respective shows. Tonight at Performance Works; $10 online or at the door (starts at 10 p.m. — no passes).

Food Truck Feast: Technically not an event but, hey, food is a no-brainer. Every night of the festival you can find a selection of delicious food trucks (7 p.m. until late) in the Micon parking lot, just steps away from the Big Rock Brewery Fringe Bar preparing delicious items for you to eat. There's one truck every weeknight — with more than one on Fridays and Saturdays. Sample from Community Pizzeria, The Little Piggy, Burger Bus, Pressure Box, Chouchou Crepes, Melt City Grilled Cheese, Guanaco, Super Thai, Kaboom Box and Culver City Salads.

Pick of the Fringe: Checking out the most popular shows from the festival is the closest you're going to get to a guaranteed good time. Winners are announced at the Fringe Awards Night on Sept. 20 and shortly afterwards online. Sept. 23-27 at the Revue Stage (1601 Johnson St.). Tickets: $25.

Pick Plus: Checking out some of the greatest hits from past years is another great way to get some almost-guaranteed bang for your buck. This year you can see Bookworm (Sept. 23), a hit from the 2012 fest written and performed by Corin Raymond; Giant Invisible Robot, written and performed by Jayson McDonald (Sept. 24); Searching for Dick by Jim and Tara Travis (Sept. 25); and God Is a Scottish Drag Queen, by Canadian Comedy Award nominee Mike Dalamont (Sept. 26). All shows at the Revue Stage (1601 Johnson St.). Tickets: $25.

Baker's Dozen: 12 Angry Puppets is one of 108 shows at this year's Fringe Festival. CONTRIBUTED

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Harper tries to stay calm as supporter heckles media

metro The Syrian Crisis
Political Fallout

Tory leader takes queries about stance on calamity

A Conservative supporter at a Stephen Harper campaign event heckled a reporter Wednesday who was asking about the government's handling of the Syrian refugee crisis.

The government's response of the crisis is now front and centre in the federal election campaign.

The catcalls came in Welland, Ont., as the Conservative leader was taking questions from journalists, almost a week after the world was riveted by the image of a dead Syrian toddler on a Turkish beach.

A low, collective groan was heard in the crowd before a lone voice was heard to say: "How many kids drowned in pools in Canada this past summer? Do you blame the government for that?"

Three-year-old Alan Kurdi drowned along with his five-year-old brother Ghalib and their mother, Rehanna, in their unsuccessful attempt to find sanctuary in Greece.

Harper tried to keep his daily question-and-answer session with journalists from going off the rails.

"OK, go ahead," he told the reporter, an awkward smile on his face, as the heckler kept speaking. "OK, OK. Go ahead."

The prime minister is under pressure to admit more refugees, and Harper said he will — but while taking care to avoid allowing terrorists from a war zone into Canada.

"This government is committed to acting, committed to bringing more people in, committed to expediting the process. And frankly, I said this before this was in the headlines earlier in this campaign," he said.

It wasn't the first time that hecklers have taken issue — not with Harper, but the questions he's been asked. The incident knocked Harper off message, just as it did in August when Conservative supporters heckled reporters asking questions about the Mike Duffy fraud trial.

Prior to the incident, Harper spent almost an hour talking expansively about the economy in a controlled question-and-answer session with the Ontario Chamber of Commerce.

Harper, Liberal Leader Justin Trudeau and NDP Leader Tom Mulcair were all campaigning in Ontario on Wednesday, where the fate of the province's ailing manufacturing sector is a key issue.

Harper was responding to an earlier attack by Trudeau on Wednesday.

The Liberal leader invoked examples dating back more than a century, when Canadians helped people fleeing Europe, Africa and Asia.

"Quite frankly, security concerns didn't stop Wilfrid Laurier from bringing in record numbers of Ukrainians," Trudeau told supporters in Toronto.

"Louis St. Laurent didn't let security concerns stop him from welcoming — at the height of the Cold War — tens upon tens of thousands of Hungarian refugees."

THE CANADIAN PRESS

Stephen Harper speaks during a question-and-answer session with the Chamber of Commerce during a campaign stop in Welland, Ont., on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

BACKGROUND

Liberal Leader Justin Trudeau noted on Wednesday the government of his father, Pierre, did not let security concerns prevent him from "welcoming in thousands upon thousands of Ismaili refugees fleeing Idi Amin in Uganda" in the 1970s.

> **We are talking about a terrorist war zone a lot of people are coming from. We will make sure we are also protecting Canadians from the security risk.**
> Conservative Leader Stephen Harper

HARDSHIP

Refugee remains 'in limbo'

Hussein Rahim had already lost his cousin and uncle — one shot dead, the other missing — when he was arrested by military forces during a protest in his native Syria.

His family paid thousands of dollars for his release, but fear of being detained again as the unrest turned to armed conflict prompted him to seek asylum in Canada, he said in a recent interview.

Rahim thought his ordeal was over when he finally set foot in Toronto's Pearson International Airport in 2012, carrying a Greek passport he'd purchased in Turkey.

But three years later, the 35-year-old said he remains in limbo, his case unheard and his fate uncertain.

Worldwide attention has focused on the plight of Syrian refugees fleeing the war-torn country. Some have family members living abroad who are trying to sponsor from afar; others, like Rahim, take matters into their own hands. Either way is a difficult process.

Detained on arrival in Toronto for more than three weeks, Rahim said he was seen and freed by officials only after threatening to go on hunger strike.

But he has yet to be granted a hearing on his application, or even on an interim petition that would allow him to visit his ailing mother in Turkey, he said.

With no hearing scheduled, Rahim said he can't leave the country without invalidating his claim. THE CANADIAN PRESS

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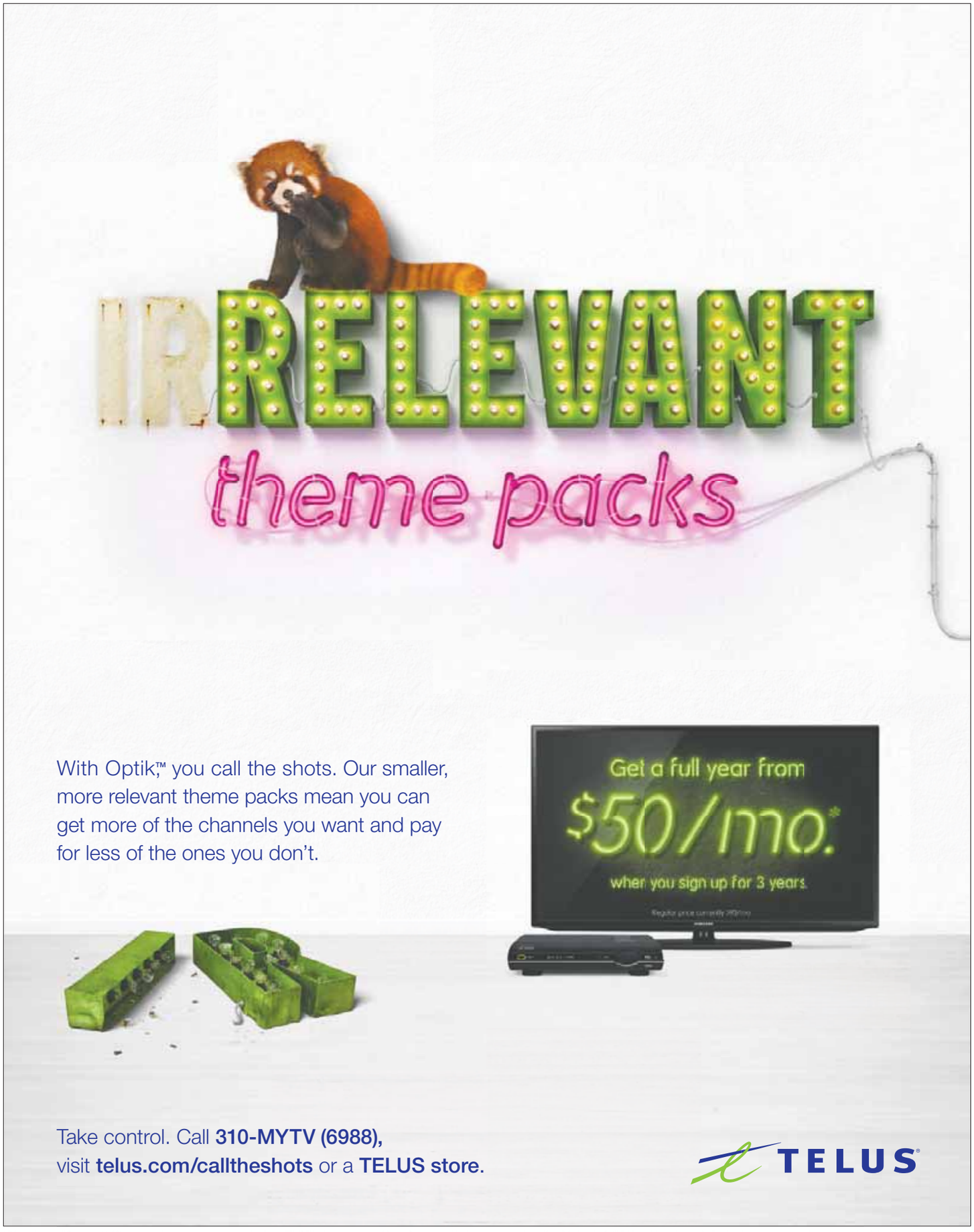
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Twitter gaffes prompt apology from NDP aide

ELECTION 2015

Some call for Shawn Dearn's dismissal over tweets against Catholics

New Democrat Leader Tom Mulcair said Wednesday that he had no plans to fire his most senior communications aide for tweeting offensive anti-Roman Catholic comments.

At an event in Niagara Falls, Ont., a grim-faced Mulcair stood resolutely by Shawn Dearn, whose two-year-old tweets resurfaced late Tuesday.

> **He's made a mistake and he has apologized for it. For me, that's enough.**
> Tom Mulcair

"He felt very bad about it and I'm more than willing to move on from that," Mulcair said.

The tweets by Dearn, hired in February as Mulcair's director of communications, were quickly circulated on social media.

"Memo to CBC and all media," one of them reads. "Stop calling the misogynist, homophobic, child-molesting Catholic church a 'moral authority.' It's not."

Dearn, who is married to a man, also took aim at Pope Benedict for saying Britain's human rights policy on gay equality violated natural law. The tweet used an offensive expletive in connection with the Pope.

"Go f— yourself," he tweeted.

In a tweet to his confirmed followers late Tuesday, Dearn apologized.

Some called for Dearn's firing, saying he had shown extreme anti-Catholic prejudice and Mulcair's response was insufficient, given the importance of his role. They also accused him of ducking and hiding.

Tom Mulcair announced Wednesday he does not plan to relieve Shawn Dearn of his duties over previous controversial remarks on Twitter. SEAN KILPATRICK/THE CANADIAN PRESS

Others came to his defence, saying he had merely expressed a valid opinion given the sex-abuse scandals that embroiled the church.

Party spokesman George Soule did concede Dearn's posts made "prior to taking his position" as Mulcair's aide were "inappropriate and offensive."

THE CANADIAN PRESS

ANNOUNCEMENT

First Nations Assembly chief says he will vote

Assembly of First Nations national chief Perry Bellegarde says he plans to vote in the upcoming federal election after all.

In an interview last week, Bellegarde, who late last year was elected the head of the national lobby group representing 634 First Nations communities in Canada, indicated he was undecided about whether he would vote in the Oct. 19 federal election. He also said he hadn't voted in the past.

"I just haven't done it. It's a real personal thing, because I've been in First Nations leadership positions for most of my life. And I was respecting what the older people told me: because we have a treaty relationship with the Crown," he said last week explaining why he hasn't voted in the past.

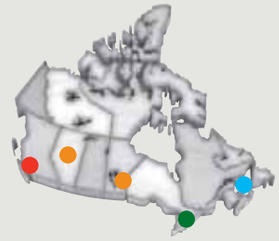
But after giving that interview he travelled late last week to his home province of Saskatchewan where he spoke to First Nations community members young and old who urged him to exercise his franchise.

He also listened to First Nations voices from across Canada.

"The message to me is consistent and clear — it is vital that First Nations voices be heard in every way possible."

TORSTAR NEWS SERVICE

WHERE THE LEADERS ARE THURSDAY



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- **Justin Trudeau** will be in Vancouver.
- **Tom Mulcair** will be in Winnipeg and Edmonton.
- **Elizabeth May** will be in Toronto.

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Diners can eat to their heart's content

As Victoria Chinese Restaurant reopens in Royal Centre Mall

There is luxury in choice. And in no situation is that luxury more clear than when you are sitting down for a meal of dim sum.

The typical Cantonese cuisine is becoming increasingly popular among Vancouverites.

"There's something for everyone at dim sum," says Francis Cheung, owner of Victoria Chinese Restaurant in downtown's Royal Centre Mall, adjacent to the Burrard SkyTrain Station.

The restaurant recently reopened with renewed polish after a renovation.

"We're seeing an increase in visitors from all walks of life, from business people coming in for lunch, to families spending quality time together," Cheung says.

Victoria Chinese Restaurant has become a local hot spot for anyone looking for fresh, inventive and affordable Cantonese cuisine in a welcoming, light-filled atmosphere. Always buzzing at midday when dim sum is served, the restaurant is particularly popular with the downtown lunch crowd.

Sit down around noon and, at your request, servers will bring a series of beautifully prepared, bite-sized dishes, each with its own unique flavour profiles, textures and presentation.

CONTRIBUTED

Dim sum, meaning bite-sized snacks, is a selection of steamed and fried savouries and sometimes desserts, much like Spanish tapas.

Everyone has their own favourite dishes, but Cheung recommends a few popular menu items for those who are trying dim sum for the first time.

Cheung calls Victoria Chinese Restaurant's succulent steamed shrimp dumplings the "best in Vancouver." They are stuffed with perfectly cooked shrimp enclosed in delicate dumplings. Similarly luscious, the restaurant's steamed pork dumplings and steamed barbecue pork buns are dim sum traditions at their finest.

The kitchen prepares several specialties on which Cheung and his chefs pride themselves. The pan-fried mini pork buns are bite-sized pockets of sweet and savoury minced pork and green onion sealed in a soft steamed bun, then pan fried so the dough is soft on top and crisp on the bottom. They require a 20-minute cooking process, but are worth every minute.

The pan-fried Chinese cannelloni is Victoria Chinese Restaurant's version of rice rolls. The wide, flat noodles arrive stacked in small, neat rolls, each bite providing the perfect texture — crispy on the outside, chewy on the inside, with a slight sweetness to the soy sauce.

These dishes and many others give diners the chance to eat to their heart's content, trying many different flavours and textures in small bites.

RECONNECT WITH FAMILY, FRIENDS

Food isn't just nourishment. It's a shared experience.

"Meals are the best place to reconnect with your family and the people you care about," says Francis Cheung, owner of Victoria Chinese Restaurant, located in the Royal Centre Mall, adjacent to the Burrard SkyTrain Station. "We have lots of visitors who are coming here to share a meal and enjoy each others' company."

At lunch that can be work colleagues or business partners; at dinner it's dates, groups of friends and families, all of whom are at the table to enjoy the meal as a collective experience.

"Whether you're here for dim sum at lunch, or one of our many evening dishes, eating here is an experience you'll want to share," Cheung says.

SAMPLE A VARIETY OF FLAVOURS

The tradition of dim sum has been around for more than 1,000 years, but was popularized approximately 200 years ago in Canton, a province in the south of China.

As one of China's few open sea ports, the city was a hub for foreign trade and gave local chefs access to a wide variety of ingredients. As a result, Cantonese cuisine blossomed with a great variety of dishes.

When Chinese and foreign merchants met to negotiate business, they would meet at tea houses, which served small plates of savouries, originally meant to be eaten with tea. This merchant's tradition is the reason why the phrases for "going for tea" and "having lunch" are synonymous in Cantonese.

CONTRIBUTED PHOTOS

"Because dim sum is small plates, you can offer your guest many options and flavours," says Francis Cheung, owner of Victoria Chinese Restaurant in the Royal Centre Mall. "They can choose what they'd like, depending on their taste, culture, or just how they're feeling that day."

In 1991, Cheung brought his authentic Hong Kong version of dim sum to Vancouver, where it slowly morphed into a Vancouver specialty, a halfway point between the traditional small servings of delicacies from Hong Kong, and the large shared dishes with which Chinese food Canadians were familiar.

"We have found that Vancouverites like a certain type of cuisine that's halfway between Hong Kong cuisine and typical Chinese cooking in North America," Cheung says.

Victoria Chinese Restaurant has four chefs, all from Hong Kong, who each had more than 20 years experience before they came to Canada to work at Victoria Chinese Restaurant, expand their culinary careers and introduce Cantonese cuisine to Vancouverites.

"Guests get a good portion each, but there's still that sense that you're sharing, and you're able to order a larger number of dishes so that you can sample a greater variety of flavours," Cheung says. "It's a fun experience."

No asylum in Hungary

metro The Syrian Crisis
The World Reacts

Migrants find little sympathy for their plight

Thousands of people, such as these at Roszke, Hungary, have continued to cross the border from Serbia over the past few days.
DAN KITWOOD/GETTY IMAGES

A makeshift camp of thousands from the Middle East, Asia and Africa has been dismantled at Budapest's Keleti train station, and its inhabitants have left for Germany. But the loathing of them lingers in Hungary, which hopes to build a border fence strong enough to keep out future waves of asylum seekers.

"We need the fence," said Istvan Szabo, a 43-year-old lathe operator having a beer at a bar next to the station, where hundreds seeking refuge in the European Union still line up daily to buy tickets to Western Europe.

The tent city sprang up last month when the government blocked the asylum seekers from travelling by train to Austria and Germany. Authorities finally gave in last weekend and sent buses to take them to the border with Austria. Szabo, like many in this socially conservative land of 10 million, says he doesn't understand why they've come.

"If they couldn't solve their problems back where they live, why do they think they're going to be able to solve them here?" Szabo said.

Such lack of sympathy is a striking feature of the massive march this summer from Turkey through southeastern Europe.

Many of the trekkers interviewed by The Associated Press say their worst experiences have come in Hungary, where farmers hiss at them in disapproval and the government leaves their care mostly up to unpaid volunteers.

A recent opinion poll sponsored by the Budapest think-tank Republikon found that just 19 per cent believe Hungary has a duty to take in refugees, while 66 per cent deem them a threat and should not be let in.

The findings reflect a country where ethnic minorities barely exist outside Budapest and right-wing beliefs dominate in small towns that strongly support the ultranationalist Jobbik party.

"Many Hungarians are racist. They lack self-confidence and see their identity under threat. And our government exploits these feelings to boost its own popularity," said Zsuzsanna Zhohar, 36, who has helped lead volunteer efforts to give food, water, medical aid and other help to those passing through Hungary.

"It can be hard to convince Hungarians that these people don't want to take our jobs, our homes, our women, our dogs," she said, laughing at the absurdity of the idea.

"The government says they don't want immigrants here and they can't take our jobs away," said satirist Gergely Kovacs. "But the truth is that nobody wants to come here." THE ASSOCIATED PRESS

MANSLAUGHTER

Teen charged with encouraging suicide

At first glance, the text messages appear to show a disturbing case of cyberbullying: one teen urging another to kill himself.

But the texts were not sent by a school bully. They were from a 17-year-old girl to her boyfriend, whom she called the love of her life.

"You can't think about it. You just have to do it. You said you were gonna do it. Like I don't get why you aren't," Michelle Carter allegedly wrote to Conrad Roy III the day he parked his truck outside a Fairhaven, Mass., Kmart and killed himself through carbon monoxide poisoning.

Prosecutors have charged Carter with involuntary manslaughter in Roy's 2014 death. They say that in the week before Roy killed himself, Carter assisted by urging him to overcome his doubts about taking his own life, pressuring him to do it and even telling him to get back in his truck he became frightened that the plan was working.

Carter's lawyer has strenuously denied that she pushed him to kill himself and has asked a judge to dismiss the case.

In their written response, prosecutors included text exchanges between Carter and Roy they say support their claim that Carter caused her boyfriend's death by "wantonly and recklessly" helping him poison himself.

Roy, 18, had a history of depression and had attempted suicide two years earlier.
THE ASSOCIATED PRESS

Michelle Carter
THE ASSOCIATED PRESS

IN BRIEF

Camerawoman fired after caught on video tripping, kicking people

A Hungarian camerawoman for an ultranationalist online TV channel has been fired after reporters filmed her kicking and tripping migrants as they fled from police.

Tuesday's footage went viral around the world within hours on social media. The N1TV channel's editor, Szabolcs Kisberk, said employment of the camerawoman, widely identified as Petra Laszlo, had been "terminated with immediate effect."

In videos and images posted online by multiple videographers and photojournalists, Laszlo can be seen making sideways karate-style kicks into the knees of two people — a young man and a teenage girl — as they ran past her. Both stumbled but neither fell as Laszlo continued filming. THE ASSOCIATED PRESS

Denmark-Germany trains halted as refuge-seekers refuse to get off

All train services were halted between Germany and Denmark on Wednesday after Danish police stopped hundreds of migrants arriving by train across the border, Danish railway company DSB said. About 100 migrants who arrived from Germany refused to leave a train in the Danish port city of Roedby.

Under EU rules, people seeking asylum should do so in the first EU country they enter and not travel from one country to another. Many of the migrants say they want to go to Sweden, Norway or Finland, because they have relatives there or believe that the conditions for asylum-seekers are better.
THE ASSOCIATED PRESS

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Expanded vision

TECHNOLOGY

Apple unveils new TV system, smartphones and iPad Pro

CEO Tim Cook introduces the new iPhone 6s and 6s Plus during a company showcase Wednesday in San Francisco. STEPHEN LAM/GETTY IMAGES

Apple staked a new claim to the living room on Wednesday, as the maker of iPhones and other handheld gadgets unveiled an Internet TV system that's designed as a beachhead for the tech giant's broader ambitions to deliver a wide range of information, games, music and video to the home.

CEO Tim Cook and other executives also showed off two new iPhone models, a plus-sized iPad with detachable keyboard and updated software for the Apple Watch during an exhaustive two-hour event in San Francisco's Bill Graham Civic Auditorium.

Apple is counting on sales of the new iPhones to maintain its position as one of the most profitable, and valuable, companies in the world.

But it's the new Apple TV system that some analysts point to as an important step for the company as Cook attempts to build a business that doesn't rely so heavily on the iPhone.

For now, however, the iPhone is still Apple's most important product. Sales of the iconic smartphone contributed more than two-thirds of the Cupertino, Calif. company's $107 billion in revenue during the first half of 2015.

Apple announced Wednesday that it will sell two new iPhone models, dubbed the 6s and 6s Plus, starting Sept. 25. They're roughly the same size and will cost the same as the record-selling 6 and 6 Plus models introduced last year, which will now sell for $100 less.

The new iPhones will have more memory, faster processors, a new 12 mega-pixel camera, and the new "3D Touch" feature that will be able to distinguish differences in finger pressure on the screen. THE ASSOCIATED PRESS

TRAVEL

Albertans fly less due to oil slump: WestJet

WestJet Airlines says fewer Albertans are booking flights because of the oil price slump.

While the Calgary-based carrier said it didn't see any signs of a slowdown in the first quarter, the situation worsened in the seasonally slower second quarter.

"We are seeing some softening in the Alberta market as you would expect with what's gone on with the prolonged oil prices," Bob Cummings, executive vice-president commercial, told a Cowen and Company transportation conference in Boston.

About a quarter of WestJet's capacity originates from the oil-producing province.

Cummings said that a switch in some traffic from charter carriers to scheduled service has helped to mitigate the situation. He added that demand in British Columbia and Ontario remains healthy.

"So far, the financial performance is sound; bookings going forward, they are softening, but we certainly are flexible to adapt," he said.

The carrier last week said its August traffic was up just 1.7 per cent from the prior year on a 7.3 per cent increase in capacity. That resulted in fewer full planes as the load factor slipped 4.7 percentage points to 84.6 per cent. Demand was partially impacted by the late Labour Day weekend, which is expected to help September's traffic numbers.

WestJet says it has a 38 per cent market share in Canada, 13 per cent of the transborder market and a 20 per cent share to sun destinations in Mexico and the Caribbean.

38%

WestJet says it has a 38 per cent market share in Canada.

Four wide-body Boeing 767s it plans to use to offer international service have recently been delivered to the carrier. The initial destinations, starting next spring, will be announced later this month. The first plane will be used for transcontinental service in Canada and for winter flights to Hawaii.

WestJet will also try to lure more business travellers by offering a section of its Boeing 737s with an empty middle seat as of Monday.

"The value proposition is such that for the cost-conscious business traveller we believe this is a killer product," he added. THE CANADIAN PRESS

The duration of video ads will increase from 15 to 30 seconds. THE ASSOCIATED PRESS

SOCIAL MEDIA

Instagram video ads extended

Instagram users have already been seeing more advertisements pop up in their feeds of artisanal cocktails, wide-eyed kittens and vacation photos, and now they can expect longer video ads in the mix too.

The Facebook-owned photo-sharing app is adding 30-second video ads and other features in a push to give businesses more ways to tap the 300 million people who use it at least once a month. Previously, ads on Instagram were 15 seconds long.

Instagram said in a blog post that large and small advertisers will be able to run campaigns on Instagram starting this month, and ads are now available in more than 30 new countries, including India, South Korea and Mexico. More than 70 per cent of Instagram's users are outside of the U.S.

Aside from video ads, businesses will also be able to use landscape-style photos as well as a product called Marquee that aims to quickly expand a company's reach in a short time frame for things like movie premieres and product launches. Long known for its square pictures, Instagram recently started letting users post photos in rectangle shapes.

The company said businesses have been testing the app's new tools over the summer, and Instagram is seeing "significant" demand in areas like e-commerce, travel and entertainment.

Instagram is already an established marketing tool for small businesses that sell items that photograph well. The app was founded in 2010 and bought by Facebook two years later. THE ASSOCIATED PRESS

IN BRIEF

Bank of Canada keeps key interest rate at 0.5 per cent

Household spending and an improving U.S. economy are underpinning the Canadian economy, the Bank of Canada said Wednesday in announcing it will keep its key interest rate on hold at 0.5 per cent. The stand-pat decision by the BoC was in line with economists' expectations. THE CANADIAN PRESS

market minute

DOLLAR 75.47¢ (-0.26¢)

TSX 13,531.85 (-98.82)

OIL $44.15 US (-$1.79)

GOLD $1,102.00 US (-$19)

NATURAL GAS: $2.651 US (-5.9¢)
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HOUSING

Canadian multi-unit market heating up

Canadian housing construction heated up in August, driven by a 19.5 per cent increase in urban multi-unit projects — primarily in Ontario.

Canada Mortgage and Housing (CMHC) says the annualized pace of housing starts in August increased to 216,924 units nationally, including 142,927 units in urban multi-unit projects.

That compares with 193,253 units started in July overall, including 119,478 urban multi-unit projects.

On a seasonally adjusted basis, there were 58,385 single-detached housing units started last month, up 1.4 per cent.

CMHC says the pace of urban housing starts declined in most regions of the country, with Ontario being the main exception.

> **Housing starts have been trending up, supported by strong condominium activity.**
> Bob Dugan, CMHC chief economist

Prince Edward Island also had an increase to 423 units from 255 in July.

In Calgary, there was more construction of all types of dwelling in August than in July but less than the same month last year, prior to the collapse of oil prices in late 2014. In Edmonton, there were declines from both July and August 2014.

In British Columbia, seasonally adjusted starts declined to 26,349 units in August from 36,510 units in July. In Vancouver, there was a decline to 16,729 units in August, down from 27,317 in July when there was an unusually high number of housing starts.

In Montreal, the August seasonally adjusted rate fell to 13,582 units in August from 25,670 in July. In St. John's, N.L., the rate fell to 969 units from 1,177 in July. In Halifax, there were 2,229 units started in August, down from 4,698 in July.

"Housing starts have been trending up, supported by strong condominium activity in Toronto," CMHC chief economist Bob Dugan said in a statement. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Thursday, September 10, 2015

CHANTAL HÉBERT: ON HOW HARPER MISSED THE MARK

Critics ... do not see the pursuit of the military engagement against Islamic extremists as a rationale to decline to resettle many more Syrian refugees in Canada.

It is not necessary to set one's watch on polls to see that Stephen Harper's business-as-usual reaction to the Syrian refugee issue has missed the political mark.

One look at the line-up of critics who are, to put it mildly, underwhelmed by his low-key response to the resettlement needs of hundreds of thousands of Syrian civilians driven out of their country by an ongoing civil war tells the story.

Unlike the opposition parties, more than a few of those critics actually support Harper's decision to sign Canada up for airstrikes against Islamic extremists in the Middle East.

Unlike the Conservative leader, they do not see the pursuit of the military engagement against Islamic extremists in the Middle East as an excuse or a rationale to decline to resettle many more Syrian refugees in Canada right away.

Retired general Rick Hillier served as the commander of the armed forces at the peak of the country's military engagement in Afghanistan. A dove he most certainly is not.

On his Facebook page this week, Hillier wrote: "I wonder why we, as the great country that we are, could not stand tall during these dark days for the hundreds of thousands of displaced souls who are fleeing, quite literally, for their very lives."

He believes Canada should try to bring in 50,000 migrants before the end of the year.

Barbara McDougall served as Secretary of State of External Affairs in Brian Mulroney's Progressive Conservative government. She, too, believes Harper has so far not risen to the challenge.

In an op-ed piece published on Tuesday in The Globe and Mail, McDougall wrote, "It is beyond time for Mr. Harper to recognize that every leader faces an unexpected moral choice that sometimes seems to come out of nowhere — and this is his."

Saskatchewan Premier Brad Wall is one of Harper's closest provincial allies. On the day after Harper argued for a stay-the-course approach to the refugee crisis last week, Wall tweeted: "SK can support more refugees. As a people & govt we will do our part for those fleeing war, tyranny for safe asylum."

Quebec Premier Philippe Couillard supported Canada's military participation in strikes against Islamic extremists in the Middle East from the very start. He, too, is no dove.

His government wants to triple the number of Syrian refugees coming to Quebec. A number of other provinces, including Ontario, have similarly offered to do more. Couillard also decided to find out for himself just how difficult it is to sponsor a refugee family. He joined a group of his riding's constituents set up for that purpose.

Toronto Mayor John Tory — a former Ontario Progressive Conservative leader — has also signed up to help sponsor refugees. And he has been working with the mayors of Canada's other big cities to push to resettle more Syrian migrants in Canada. "As mayor of the most multicultural city, I believe we should mobilize to sponsor Syrian refugees. This is who we are as Canadians," he explained.

Calgary Mayor Naheed Nenshi leads the city that is home to Harper's riding. On the weekend, he called the Conservative response to the migrant issue a "disgrace."

When he decided to stay the course on the refugee issue late last week, Harper knew he was walking into a fight with his opposition rivals.

He must have, at least initially, relished the prospect, for he could have instead taken up the other leaders on their unanimous offer to come together around a range of more proactive measures on the refugee front.

Harper called that a partisan game.

The refugee crisis appeared on the campaign radar at a time when the Conservatives were in dire need of a shot of momentum after a bruising first month on the hustings.

Since then, the party has dropped to third place in voting intentions in a number of polls.

Based on the recent past, the high road not taken would have led to greener pastures for the Conservative campaign. It was when he allowed Canadians to catch a glimpse of his non-partisan side, right after the Parliament Hill shootings, that Harper last caught a real break in voting intentions.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: What's old is brewed again

North American craft brewers, whether they know it or not, are refreshing a centuries-old tradition by tapping the power of beer to raise awareness and funds for good causes. Proceeds from Ottawa-brewed Whiprsnapr Slingr support mental-health care, while Seattle's KEXP Transistor IPA is helping a college radio station stay afloat. It's a twist on a European medieval tradition, in which townspeople would gather around a communal cask and pay a fee to partake. A "help-ale" was for the unfortunate, a "church-ale" for building maintenance and a "bid-ale" to aid the bankrupt. A "bride-ale" would help a young couple set up a home — perhaps the origin of the "bridal" shower custom of today.

SOURCES: USA TODAY, MARRIAGE CUSTOMS OF THE WORLD

ROSEMARY WESTWOOD

metroview

Religious freedoms are not a get-out-of-work-free card

Was it a baptism?

Was it a boxing match?

Press conference or religious rite?

By the way they played Eye of the Tiger and held Kim Davis' arms up high as a cross bobbed over the cheering crowd, the way she bent over with tears of ecstasy to be free from jail after refusing to grant gay people marriage licences in Kentucky — I really couldn't tell.

"I just want to give God the glory," Davis said. "We serve a living God who knows exactly where each and every one stands. Keep pressing; don't let down, because He is here. He is worthy."

You might have missed it, but she was really talking about gay rights there.

And as a Catholic, I've gotta say, she's dead wrong.

Religious freedoms aren't a get-out-of-work-free card. Your beliefs don't trump the rights of others.

Davis' job is to uphold the law in the U.S. The law says gay people can marry. That, unfortunately for her, is the end of it.

It's a different story for Charee Stanley, a Muslim woman who won't serve alcohol as a flight attendant because her faith prevents it. Given that some other flight attendant can easily pour the wine, her employer — whom she's now suing after she was suspended — should be able to accommodate that. Employers, to quote her lawyer, should "provide a safe environment where employees can feel they can practise their religion freely."

What makes the two cases different is that one is about the core function of a job, while the other is not.

One is about "pressing" to shape the world to your faith. The other is about figuring out how to live with your faith in the world.

One is about what others should not have. The other is about what you, as a believer, can reasonably demand.

But more than that, these cases open up the question of how to be around those different from you.

Is your belief meant to guard you like a thick coat from the cold (the non-religious)? Or is your belief a tool to make the world a more loving place?

Do you love God alone, or do you love God everywhere? In everyone?

An obsession over the rules can only blind you to their raison d'etre. Faith is not black and white. And it should never be wielded as a weapon.

You can do justice to God by doing justice to your fellow woman. But you cannot remake the world in your own image. If you can't accept that, Davis, find another job.

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Warner Bros. says it will release British director Christopher Nolan's next film

5 NEW FILMS BASED ON HOT BOOKS

For those who prefer a little CanLit with their popcorn, here are five festival circuit films with local literary ties

Sue Carter
For Metro Canada

For hardcore cinephiles, the Toronto International Film Festival marks the end of the summer's superhero season with its promise of future Oscar contenders and more "serious-minded" fare. As always, this year's festival circuit lineup offers plenty of brain candy for readers, with adaptations of novels by Martin Amis (London Fields), Colm Tóibín (Brooklyn), J.G. Ballard (High-Rise) and more. A handful of others have local ties.

1 Hyena Road There are few works that have attempted to capture Canadian experiences in Afghanistan, but multitalented actor-writer-director Paul Gross is doing both, by simultaneously releasing print and cinematic versions of his contemporary war story, Hyena Road. Gross, who also stars in the film, interconnects the stories of a Canadian intelligence officer and sniper with that of a Jihadist. Expect this to be a tough watch: Gross followed a similar structure for his 2008 film Passchendaele, which dug deep into the emotional being of those permanently scarred by the bloody First World War battle.

2 The Martian This year's outer-space blockbuster stars half of Hollywood, including Matt Damon, Jessica Chastain, Kristen Wiig, Chiwetel Ejiofor and Kate Mara. But it's also a fairy tale story for California debut writer Andy Weir — one with a Canadian twist. Before Random House and director Ridley Scott came a-calling with major book and film deals, respectively, Weir self-published his intergalactic saga, The Martian, on his website, where it was discovered and released as an audiobook by Podium Publishing, a small operation out of Newmarket, Ont.

3 Al Purdy Was Here It doesn't get any more CanLit than this tribute documentary to the late Al Purdy, who was dubbed the country's "unofficial poet laureate" when he died in 2000. The debut doc by former Maclean's film critic Brian D. Johnson features plenty of archival footage, luminaries such as Irving Layton, Margaret Lawrence and Leonard Cohen, as well as inspired performances by musicians such as Sarah Harmer, Bruce Cockburn and Tanya Tagaq. If you need a primer on the hard-drinking Bukowski-endorsed poet, find a copy of Beyond Remembering: The Collected Poems of Al Purdy.

4 Room The premise behind Emma Donoghue's 2010 international bestselling novel, Room, sounds like a sensational tabloid story: a five-year-old boy named Jack is held captive in a single room, innocently unaware there's an outside world, thanks to his fiercely protective mother. Yet, because of Jack's innocent narration and perspective, the book never veers into the horrific. While it's tough to imagine that the film, starring Brie Larson, could as effectively capture Jack's voice or the resilient parental bond, the great news is Donoghue also wrote the screenplay.

5 This Changes Everything Arguably one of the most significant books on climate change and corporate responsibility, Naomi Klein's award-winning volume This Changes Everything: Capitalism vs. the Environment gets a documentary treatment by her husband, director Avi Lewis. Shot in nine countries over four years, the companion film focuses on seven stories of inspiring frontline activists who are challenging failing economic models in an effort to radically change their own communities, and in return, the future of the planet.

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Buzzy films you need to see

SCI-FI

The Martian

Ridley Scott returns to space with this adaptation of Andy Weir's humorous — and techno babble-laden novel, with Matt Damon heading up a kind of embarrassingly large cast — including Chiwetel Ejiofor, Jessica Chastain, Jeff Daniels, Kate Mara, Donald Glover, Sean Bean, Sebastian Stan, Michael Pena and Kristen Wiig.

TRUE CRIME

Black Mass

Johnny Depp puts away the silly hats and pancake makeup for a serious turn as notorious criminal Whitey Bulger in this true crime drama that also stars Joel Edgerton, Benedict Cumberbatch, Dakota Johnson and Kevin Bacon. Maybe Depp is finally moving back into a good career space?

COUNTRY MUSIC

I Saw the Light

Are we sensing a biopic theme this year? Tom Hiddleston hopes you'll line up to see him portray country music pioneer Hank Williams in this behind-the-music treatment from director March Abraham (Flash of Genius). Oh, and if the Marvel fans need some encouragement, Hiddleston stars alongside fellow comic universe regular Elizabeth Olson.

TRANSGENDER

The Danish Girl

Apparently with last year's The Theory of Everything, Eddie Redmayne got a taste for awards-friendly roles and now he's thirsty for more. This time out, Redmayne stars as Lili Elbe, one of the first transgender women to undergo sex-reassignment surgery.

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The sheer number of films playing on the festival circuit this year can be daunting. Here are the big-ticket items you'll want to keep an eye on this year as they make their way into theatres.

NED EHRBAR METRO IN HOLLYWOOD

MARRIAGE EQUALITY

Freeheld

Gay marriage is now the law of the land in the U.S., but this true story reminds audiences how far America has come so quickly, chronicling the mid-2000s battle of cancer-stricken New Jersey detective Laurel Hester (Julianne Moore) to get her police pension passed on to domestic partner Stacie Andree (Ellen Page) after her death.

CRIME LORDS

Legend

What's better than Tom Hardy? Two Tom Hardys. The Mad Max: Fury Road star disappears into dual roles as 1960s London crime lords Ronnie and Reggie Kray, who rule over nightlife and the criminal underworld while battling each other and Ronnie's incendiary mental illness. The only downside to this one is that all other movies with just one Tom Hardy are going to feel lacking now.

NEWSROOM

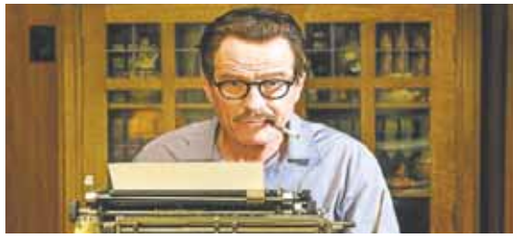
Spotlight

There's more true-life tales becoming riveting cinema with Spotlight, which chronicles the work of Boston Globe reporters who uncover years of child molestation and abuse taking place within the local Catholic Church. And maybe the presence of Michael Keaton in the cast will bring up fond memories of The Paper.

'50S HOLLYWOOD

Trumbo

Hollywood loves a good Hollywood story, and the story of Dalton Trumbo, once the highest paid screenwriter in Hollywood before being blacklisted during the Communist witch hunt of the 1950s, should certainly scratch that itch. It's also an opportunity for Bryan Cranston to shine as the man himself.



CHILD SOLDIER

Beasts of No Nation

Cary Fukunaga, the man who made the first season of True Detective so visually compelling, heads to the big screen with this tale of a child soldier in Africa serving under the less-than-pleasant leadership of Idris Elba.

LANCE ARMSTRONG

The Program

The biopic train continues with this look at the trials and tribulations of disgraced Tour de France champ Lance Armstrong, as portrayed by Ben Foster, and the Irish journalist who kicked off the doping investigation that eventually led to Armstrong being stripped of his titles.

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METRO DAY AT H&M

Fashion forecast calls for skin, ongoing '70s revival

FASHION

Four style trends to spot on the festival red carpets

Ryan Porter
For Metro Canada

The dress code for Canadian film festivals? Do you.

Unlike the formality of Cannes and Venice, stars get a fashion-free space at TIFF and VIFF.

"Their fashion isn't as scrutinized," says Erica Wark, a stylist and frequent fashion expert on The Social. "It gives them an opportunity to think outside the box."

With the pressure off, here are four trends that Canadian style savants say could grace the gala red carpets in the weeks to come.

Northern exposure

While Canada in September doesn't scream sheer panels and cutouts, peekaboo pieces are so on trend that Wark expects more big reveals this festival season.

"Skin is in," she says. "We're going to see more cutouts, more sheer, more deep Vs, or maybe showing a lot of leg."

Spirit of '76

On TIFF's 40th anniversary, expect celebs to take cues from the festival's 1976 premiere. The '70s revival has been a recurring theme on the runway, says TNT's retail director Jill Vanderzand.

"We're seeing a lot of velvet, which I feel is very '70s, especially when you see it in a suit," Vanderzand says.

"A velvet flare pant with a matching blazer would be really cool for the red carpet if it was made into more of a tuxedo look."

Ear candy

Recent film festival red carpets have seen jewelry take a backseat to dresses with more elaborate detailing and prints.

"People are really paring back their jewelry and letting their outfit be the piece, because the dress is almost like a piece of jewellery," says Wark.

However, this year could mark a shift in style.

"There is a huge trend toward bold earrings this season," says Suzanne Timmins, senior vice-president and fashion director of Hudson's Bay.

"I would love to see some stars wearing extra-long, shoulder-dusting earrings."

Back to black

No white after Labour Day? That old maxim could extend to include men's dress shirts.

"Tonal dressing is a big trend in menswear that would be great for a premiere," says Timmons.

"Black on black, rather than the traditional black suit with white shirt, would be a strong look for the red carpet."

The skin we're in: According to Erica Wark, expect deep Vs, sheer panels, cutouts and lots of leg (Anna Kendrick pictured) at TIFF. GETTY IMAGES

THE INSPIRATION

Old school Hollywood glamour

Karen Black, seen here at the Toronto film festival in 1978 with husband Kit Carson, is the kind of screen siren designers were inspired by for the current '70s revival.

Stylist Erica Wark would love to see TIFF's modern-day stars embrace retro looks.

"I love seeing Julia Roberts in a jumpsuit," she says. "If she pulls one out, I think I might die."

RYAN PORTER/FOR METRO

Kit Carson and Karen Black make a movie-star entrance at the Elgin theatre for the premiere of In Praise of Older Women, 1978. TORSTAR NEWS SERVICE

Suzanne Timmins says monochromic is in for men; we'll see black dress shirts paired with dark suits like Scott Speedman's slick kit pictured here. Kate Winslet is on trend in a drama-free dress and statement earrings. GETTY IMAGES

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#liveauthentic with Hipster Barbie

INSTAGRAM

Sick of all the artful latte shots, photog starts parody account

Irene Kuan
Metro | Canada

The folks at Mattel may want to capitalize on this idea for their next Barbie doll.

A parody account called Socality Barbie, a.k.a. Hipster Barbie has blown up over the Internet, amassing more than 900K followers on Instagram with her cool style, #liveauthentic nature shots, deep thoughts and perfectly posed photos of latte art, ice cream art and outfits of the day.

The account was created three months ago by a Portland, Oregon-based wedding photographer, who started Instagramming pics of an intricately posed brunette Barbie dressed in the latest hipster-fashion finds. Think Filson backpack, Warby Parker glasses, crochet beanie and a Pendleton blanket.

She's often pictured in front of scenic nature backdrops, in cafes with a birds-eye view of her latte, and accompanied by a purposely annoying, snide caption.

The creator, who wants to remain anonymous, said she made the account to "show how ridiculous social media has become."

"I was getting tired of seeing people taking the same pictures, in the same places, and using the same captions while hash tagging #liveauthentic," she said.

Hipster Barbie's profile describes her as living "That PNW (Pacific Northwest) Life, and says she is an adventurer and coffee drinker who puts her faith in Jesus.

WISDOM
She's providing her followers valuable life lessons like Rule 1: 'Gram your coffee or it didn't happen.'

Barbie's life includes #exploring and #exploringmore, contemplating life through her travels and finding beauty and creativity in every moment of life.

However, if you read her Instagram captions closely, you can tell the account is mocking social-media crazy millennials and their ideas of "deep" thoughts and living that authentic life.

Check out the account. Are you slightly jealous her Instagram pics are so much better than yours?

With every perfectly staged shot, this Barbie reminds you that she is more #authentic than thou. INSTAGRAM/@SOCALITYBARBIE

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TRANSLINK

5 KEY QUESTIONS AT NYFW

New York Fashion Week officially starts today, and this season has so much fun in store: Kardashians, runway diversity, Paris Fashion, flash floods! Here's everything you need to know to keep up with it all. RAQUEL LANERI/METRO NEW YORK

1 Givenchy brings chaos?

Mais non! Givenchy creative director and Kim Kardashian wedding dress designer Riccardo Tisci will be skipping Paris Fashion Week this season, bringing the historic couture label to the Big Apple. Even more controversially, he's opening his show's doors to the hoi polloi, inviting 1,200 "regular people," including 280 fashion students at teachers. As if that weren't enough to make Anna Wintour's head spin, expect god-daughter North West — cause of the Vogue editor's ire last season — to be there, front row, too. Also, with "sport" wear more popular than ever, will people just show up in their literal gym clothes?

2 Will Caitlyn Jenner steal the spotlight?

Caitlyn Jenner is going to be the celebrity get this season at Fashion Week — and we bet that her presence will cause even more hoopla than the rest of her brood combined. Anna Wintour, for one, will surely welcome the opportunity to sit courtside with the transgender heroine, and perhaps that will lead to a Vogue cover.

3 Who will take over Balenciaga?

New York bad boy Alexander Wang did the unthinkable and up and quit his prestigious post at fancy French label Balenciaga in July to focus on his own brand, sparking speculations about who will take his place. But after Wang's comments about his time there — "essentially I (was) just another employee," he told W Magazine — don't expect any big-name designers to be scrambling for the gig.

4 Will Public School bring urban cool back to DKNY?

The debut of the season: Public School designers Dao-Yi Chow and Maxwell Osborne will take the helm at DKNY — and take charge of Donna Karan's legacy at large after the iconic designer stepped down from her namesake label this summer. Expect the cool-kid duo to inject some attitude, youthful insouciance and gender-bending into the label. We're excited.

5 A post-everything runway?

OK, so the runways may still be predominantly white, but there's no denying that casting directors are branching out. Fashion Week's latest stars are Madeline Stuart, who has Down Syndrome and will walk FTL Moda, and Winnie Harlow, an America's Next Top Model vet who has vitiligo. Avant-garde label Eckhaus Latta won accolades last season for its diverse lineup featuring young trans teens and middle-aged women. So did Chromat and Kanye West for showing a wide(r) range of bodies and colours. Will other designers follow suit? Let's hope yes.

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Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. ^Representative Leasing Example: Lease offer available on approved credit (OAC), on new 2016 Sorento 2.4L LX FWD (SR75AG)/2015 Soul 1.6L LX+ MT (S0553F) with a selling price of $29,332/$20,632 is based on monthly payments of $299/$175 for 60/60 months at 1.9%/0%, $0 security deposit, $1,800/$850 down payment and first monthly payment due at lease inception. Total lease obligation is $17,948/$10,508 with the option to purchase at the end of the term for $11,431/$9,275. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ΩLease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. ‡Model shown Manufacturer Suggested Retail Price for 2015 Soul SX Luxury (S0758F)/2015 Sportage SX Luxury (SP759F)/2015 Optima SX Turbo AT (OP748F)/2016 Sorento SX Turbo AWD (SR75IG) is $27,295/$38,495/$34,895/$42,095. The Kia Soul received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The 2015 Rio/2015 Forte/2015 Rondo were awarded with the Clef d'or "Best in Class" by L'Annuel de l'automobile 2015. Visit www.annuelauto.com for all the details. The 2016 Sorento/2015 Optima/2015 Sedona/2015 Soul were awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2016/2015/2015/2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). 2015 Kia Soul awarded ALG Residual Value Award for highest resale value in its class. Based on ALG's residual value forecast for the 2015 model year. 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Small publishers shine on Giller Prize longlist

LITERARY AWARD

Prize long list features novels and short story collections

The 2015 Scotiabank Giller Prize long list was announced yesterday — and along with some expected names there are a few surprises among the nominees for the $100,000 award for the winner.

The announcement was made at McGill University in Montreal, the alma mater of the award's founder, Jack Rabinovitch, which was established in 1994 in memory of his wife, Doris Giller, a former books editor at the Toronto Star.

Small publishers made a strong showing with Windsor, Ont.-based Biblioasis claiming three of the 12 spots on the longlist.

"I'm going to have to splurge for a bottle of something now," joked Dan Wells, owner of Biblioasis.

House of Anansi Press and Coach House Books each garnered one book, while big publishers HarperCollins and Penguin Random House cleaned up the final seven spots.

Andre Alexis' Fifteen Dogs (Coach House), has also been shortlisted for a Toronto Book Award.He was previously nominated for the Giller for his 1997 novel Childhood.

Michael Christie for his novel If I Fall, If I Die, (McClelland & Stewart); his first novel, The Beggar's Garden, made the longlist in 2011.

Rachel Cusk, a Canadian-born writer who works and lives in the U.K., is nominated for her novel Outline (Harper Perennial, an imprint of HarperCollins)

Marina Endicott for her novel Close to Hugh, (Doubleday Canada). This is a repeat showing for Endicott: her second novel Good to a Fault was shortlisted for the prize in 2008.

Saskatchewan writer Connie Gault is on the Giller list for the first time with her second novel A Beauty (McClelland & Stewart).

Clifford Jackman was nominated for his novel The Winter Family (Random House Canada) an allegorical Western story.

Patrick deWitt's nomination for Undermajordomo Minor (House of Anansi Press) follows the massive success of his second novel The Sisters Brothers in 2011, which also made the Giller list.

Arvida by Samuel Archibald, translated from the French by Donald Winkler, Confidence, Russell Smith's short story collection and Martin John a novel by Anakana Schofield, were all published by Biblioasis.

While this isn't the first time one of their books has been nominated for the Giller, having three on the list is a very strong showing.

"I think our list, book for book, is up with the best every year whether it makes an awards list or not.

"What it means for us is that we can do more for our books, people will be more open to discussing them and reading them and giving them a chance in ways they wouldn't have beforehand. It increases our opportunities to promote these books and that more than anything is what I'm grateful for," he added.

The prize shortlist will be announced in Toronto on October 5, while the winners will be announced at a gala event to be aired live on CBC on November 10. The winner of the prize will win $100,000, while each finalist will receive $10,000.

TORSTAR NEWS SERVICE

Patrick deWitt's new title Undermajordomo Minor has been longlisted for the Giller Prize. CHRIS YOUNG/THE CANADIAN PRESS

POETRY

Anthology features poisonous pen name

Facing sharp criticism in the literary world and beyond, Sherman Alexie is defending his decision to include a poem by a white man writing under a Chinese pen name in The Best American Poetry 2015.

Alexie, an award-winning poet and fiction writer, wrote a long blog post over the weekend in which he acknowledged his anger and embarrassment upon learning that Yi-Fen Chou's The Bees, the Flowers, Jesus, Ancient Tigers, Poseidon, Adam and Eve was in fact composed by Michael Derrick Hudson. Alexie was guest editor for the anthology, published Tuesday, and news of Hudson's ruse set off a lengthy online debate.

Many called Hudson a racist, and a reminder of times when actors ranging from Katharine Hepburn to Mickey Rooney played Asian characters.

> **If there is such a thing as employing yellowface in poetry, this has to be it.**
> Blogger Phil Yu

"Folks, if there is such a thing as employing yellowface in poetry, this has to be it," Phil Yu wrote on his blog Angry Asian Man.

Alexie, alerted to Yi-Fen's real identity by Hudson himself, wrote on blog.bestamericanpoetry.com that personal embarrassment would have been the only reason for removing the poem. "I would have pulled it because I didn't want to hear people say, 'Oh, look at the big Indian writer conned by the white guy.' I would have dumped the poem because of my vanity," he wrote. "If I'd pulled the poem then I would have been denying that I gave the poem special attention because of the poet's Chinese pseudonym.

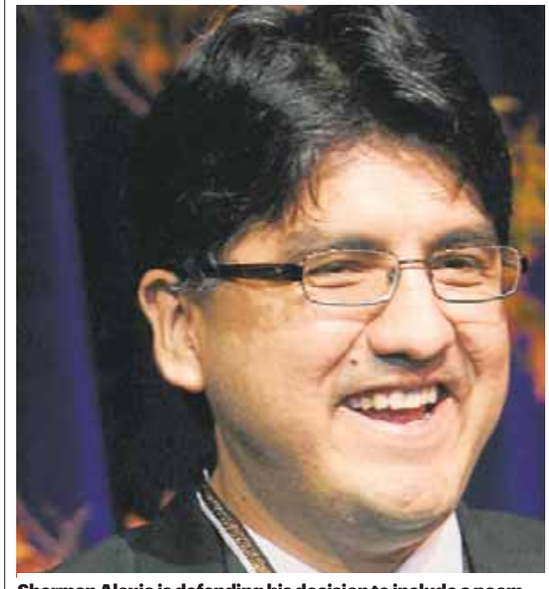
"If I'd pulled the poem then I would have been denying sharply criticized because I was consciously and deliberately seeking to address past racial, cultural, social, and esthetic injustices in the poetry world."

Alexie's acceptance of the The Bees, one of just 75 poems chosen from hundreds of submissions, seemed to justify Hudson's reason for pretending he was Chinese. He acknowledges in the book's biographical notes that he called himself Yi-Fen Chou because the poem had been rejected 40 times under his own name.

"I realize that this isn't a very 'artistic' explanation of using a pseudonym," wrote Hudson, a resident of Fort Wayne, Indiana, whose work has also appeared in numerous publications under his own name.

Last fall, "The Bees" and three other poems under the name Yi-Fen Chou appeared in Prairie Schooner, a quarterly based at the University of Nebraska-Lincoln. The Bees is a 20-line poem, with philosophical asides and sexual and bathroom humour, in which the poet confesses: "My life's spent/running an inept tour for my own sad swindle of a vacation/until every goddamned thing's reduced to botched captions/ and dabs of misinformation in fractured/ not-quite-right English."

THE ASSOCIATED PRESS



Sherman Alexie is defending his decision to include a poem by a white man writing under a Chinese pen name in The Best American Poetry 2015 anthology. SETH WENIG/THE ASSOCIATED PRESS

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TUNE IN

Eddie Murphy gets prize

Chris Rock, Kathy Griffin, Arsenio Hall and other comedians will perform next month in honour of Eddie Murphy as he receives the nation's top prize for humour at the Kennedy Center in Washington.

The Kennedy Center announced the lineup Wednesday and the stars will salute Murphy on Oct. 18 with the Mark Twain Prize for American Humor.

The performers include Dave Chappelle, Trevor Noah and Whitney Cummings, as well as stars from Saturday Night Live where Murphy had his early breakout. Jay Pharoah, Kevin Nealon and Joe Piscopo from SNL are slated to join.

The tribute show will be broadcast Nov. 23 on PBS.

THE ASSOCIATED PRESS

GOSSIP BRIEFS

Sienna Miller's highs and lows

Sienna Miller just needs to vent, OK? The actress and new mom — who recently split from the father of her young daughter, Tom Sturridge — gets refreshingly candid with British Vogue about how taxing it all can be.

"Obviously when you have a baby it's the most incredible experience but your life is also catapulted into this chaos and you are exhausted. I could literally get on this table and fall asleep," she says. "That's the curse of motherhood—we just run ourselves ragged. I'm just trying to get a sense of what that guilt is. I sometimes feel like it's a totally invented emotion. It's strange to be punishing ourselves this way. It's not healthy."

And as for her feelings on Sturridge? Well, it's not much sunnier — but at least her career is on track. "It's been really quite overwhelming recently, just with the volume of everything going on," she admits. "Everything is shifting. It's actually been the s—t year, and amazing. It's always yin and yang. I feel like if you're excelling in one area, it's hard to manage both and I do feel like the work is going really well."

NED EHRBAR/FOR METRO

ROMANCE

Stefani-Shelton hookup?

There's a delightful kind of symmetry in this new gossip item about The Voice hosts Gwen Stefani and Blake Shelton possibly becoming an item in the wake of both of their divorces. It's all just so streamlined and convenient. I love it. "They're really into each other. Let's face it, they were both unhappily married when they met," a source tells In Touch. "Now their divorce proceedings are something they can talk about and commiserate over."

And apparently they've been doing more than just commiserating. While it seems mildly terrifying for the singer of No Doubt to be getting down with country star Shelton, apparently he's completely smitten with her. Shelton "is in awe of her career, talent and business savvy," the source explains.

NED EHRBAR/FOR METRO

Ellen's American Idol stint her 'worst decision'

metroGOSSIP MUST READ

Ellen DeGeneres told Howard Stern that she 'hated' her time as a judge on American Idol. GETTY IMAGES

CONFESSIONS

Former judge isn't the first to speak ill about time on show

Ned Ehrbar
Metro | Hollywood

Regrets, Ellen DeGeneres has a few. And chief among them? Agreeing to be a judge on American Idol back in 2010.

"That's one of the worst decisions I've made," DeGeneres tells Howard Stern during an interview, admitting that she "hated" her time on the show.

And she's not the first former judge to speak out about the show. In May, Mariah Carey admitted during a radio interview that her tenure on the hit reality show was pretty terrible, too. "That was the worst experience of my life," Carey said. "I'm not going to get into what it was, but let's just say I don't think they had any intentions for us to have a good experience doing that show."

Yikes. Good thing it's ending after the upcoming season, yeah? So what is it about the show that made these folks so unhappy? Could it just be that, thanks to the tone set by Simon Cowell, everyone comes away with a tendency toward hyperbole? That's just the worst.

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Is a mortgage broker right for you?

MONEY MATTERS

A big decision sometimes means help from an expert

Liz Brown
For Metro

There are many services a broker will provide beyond finding the best mortgage rates. SHUTTERSTOCK

Shopping for the largest loan of your life is a daunting process.

Obtaining the right mortgage for your personal situation requires plenty of research, comparison shopping and negotiation. And in some cases, you may want to bring in an expert to help — a mortgage broker.

Mortgage brokers work for homebuyers to find the best mortgages for their clients. Often homebuyers think the best mortgages are the ones with the lowest interest rates, but a good broker does more than that.

"It's not just about rates anymore," said Jessi Johnson, a Vancouver-based mortgage broker. "There are so many additional services a good broker will provide."

Brokers can do annual or semi-annual reviews of their clients' mortgage situation, discuss long-term goals and help with annual credit checks to ensure their credit is still clean. "They are a debt manager," said Johnson.

"We also regularly look at mortgage rates," he adds. For example, a 10-year-term mortgage that was a good deal at 3.89 per cent two years ago isn't such a good deal today. Johnson helps clients break and renegotiate these loans. "The last client I did it for, I saved them $30,000," he said.

In most cases, the lender is the party that pays the broker fee, not the homebuyer. "So instead of spending money on advertising to attract a homebuyer, the lender will just pay the broker to bring the client to them," he said.

While brokers can do much of the legwork for homebuyers, banks have made it more convenient for homebuyers to shop and compare mortgages as well.

At TD, homebuyers can consult with a mobile mortgage specialist who will come right to their homes to assist them in selecting the mortgage that is right for them, a service that many mortgage brokers provide as well.

"They will meet when and where it is convenient for you and offer you lending expertise and knowledge," said Pat Giles, TD's associate vice president, real estate secured lending.

Ultimately, the decision to use a mortgage broker or go directly to a bank and negotiate yourself depends on the amount of time and research you are willing to invest. But if you do decide to use a mortgage broker, Johnson recommends asking if they are an AMP (accredited mortgage professional), which means the broker has professional training and at least two years' experience in the industry.

Variety of options: Make your payment plan right for you

When deciding on a mortgage, there's myriad of payment options that lenders offer to homebuyers ,and all of them come with pros and cons.

Terms like "accelerated biweekly payments" get tossed about by budget gurus who advocate paying a mortgage down as quickly as possible. And while it's a good idea to get the mortgage monkey off your back sooner rather than later, an aggressive payment schedule doesn't necessarily work for everyone.

"It all depends on your cash flow," said Olayinka Brimoh, a Winnipeg-based mortgage planner with Mortgage Architects. "If you get paid biweekly, it's better to set your payments as biweekly. If you get paid monthly, set your payments to monthly. It's what works best for your budget."

Pat Giles, associate vice president of real estate, secured lending for TD agrees.

"A payment plan is really personal and unique to you — and will in large part depend on your income and how you manage your finances."

For first-time homebuyers, Giles recommends setting a budget and payment plan and then taking it for a "test drive" by setting aside that amount on a payment schedule in a high interest TFSA. "This two-fold approach allows you to see how comfortably you can pay off the mortgage while also helping you save for a larger down payment," he said.

Clinton Wayne, a Toronto-based mortgage agent with Mortgage Edge, advises his clients to play it safe and always opt for a monthly instead of biweekly payment. "It's true you end up with an extra payment at the end of the year when you pay biweekly, but those biweekly payments come up pretty fast if there's a disruption in pay," he said.

According to Wayne, the cost of missing one of those biweekly payments negates the yearly savings of opting for a more accelerated payment plan. Instead, Wayne advises his clients put aside that extra payment in a TFSA and when they have saved a sufficient amount, put it on the mortgage as a lump sum payment.

"The money is better in your pocket than in the pocket of the bank," he said.

"Naturally, we all want to be mortgage free, but we also don't want to be stressed about making the payments," adds Giles. "It's important to ensure you are taking thorough inventory of all of your monthly expenses while also continuing to put money aside for future savings and unexpected expenses."

LIZ BROWN/FOR METRO

While it's a good idea to pay off your mortgage sooner rather than later, an aggressive payment schedule doesn't necessarily work for everyone. SHUTTERSTOCK

PAYMENT

Find ways to chip away at mortgage

Most homeowners dream of the day they can burn those mortgage papers and be free of cumbersome house payments.

The typical mortgage is amortized over 25 years, but that doesn't mean you need to spend two and a half decades paying down your debt. With some careful budgeting and negotiation, there are plenty of ways to chip away at your mortgage faster.

"It's common knowledge that paying down a debt faster is going to save you money over time," said Jeffrey Schwartz, executive director of the Toronto-based Consolidated Credit Counseling Services of Canada. "If you have less money outstanding over a shorter period of time, you're going to be paying less interest."

The first logical way to shorten the life of a mortgage is to start with a larger down payment.

"The larger down payment, the less you'll need to borrow, which saves money in interest payments over the long term," said Pat Giles, associate vice president of real estate secured lending at TD. "With a larger down payment buyers may also qualify to save on mortgage insurance premiums upfront."

Another strategy is to 'round up' your mortgage payments. So if your payments are $1,345 monthly, round them up to an even $1,400.

"Even though you think that might be less than what will make a dent, if you do it over time, this can save you thousands of dollars in interest," said Schwartz.

Most mortgages have options for making annual lump sum payments of up to 15 or 20 per cent of the mortgage, so taking financial windfalls like a bonus or large tax refund and putting it towards these lump sum payments will also shrink your mortgage faster.

There are also options to make mortgage payments on a more frequent schedule, such as biweekly and weekly. These can add another entire month of mortgage payments to your debt over the course of a year.

LIZ BROWN/FOR METRO

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metro HOME

Your essential daily news

The Property Brothers Handbook app provides tips and a budget tracker for home projects

What they're a$king

This week we picked a selection of three-bedroom resale homes in quiet neighbourhoods, suitable for growing families. These newer homes are located in residential neighbourhoods just outside the city core.

Duncan McAllister FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.

$1,698,000

Vancouver

For sale is this West Coast contemporary home at 4368 Dundas St. in Burnaby that offers more than 2,400 sq. ft. of living space, with nine-foot ceilings throughout. Interiors feature custom cabinetry, Italian ceramics and Jenn Air pro series appliances. There's also radiant floor heating on all three levels, a Yamaha sound system and LED lighting. The location is steps to local eateries, cafés, schools and shopping. The listing agent is GianCarlo Cerminara with RE/Max Central, 604-433-2211.

$399,900

Halifax

Here's a custom, two-storey home in the Waverley neighbourhood. The home features soaring ceilings and a wall of corner windows. The main floor provides a formal sitting area with two-sided fireplace, and a modern kitchen with upgraded stainless steel appliances. A large master bedroom has a five-piece ensuite plus a walk-in closet. There's a backyard deck and double garage. The listing agent is Thomas Bagogloo from the Bagogloo Team, Re/Max nova, 902-830-9006.

$404,900

Winnipeg

Here's a nearly-new, 1,600-sq.-ft., two-storey home ready for possession in the Waverly West neighbourhood. It features an open, bright plan with maple island kitchen and a large dining room with patio doors to future deck. There's a main-floor laundry, oversized master with four-piece ensuite and a large walk-in closet, and landscaped front and back yards. Listing agent David Heinrichs is a sales representative with Royal LePage Dynamic Real Estate, 204-479-9222.

$409,900

Calgary

Featured is a detached, two-storey home in the Copperfield neighbourhood. Located across from a playground on a quiet street, the home offers numerous upgrades including hardwood floors, nine-foot ceilings and stainless steel appliances. The main floor offers a spacious great room with gas fireplace, and large kitchen with lots of counter space. The yard is landscaped and fully fenced. Tim Lind is a sales representative for RE/Max Real Estate (Mountain View), 403-333-0837.

$949,000

Ottawa

For sale is this custom-designed Houry Avedissian executive home built by West Hill Homes, in the Westboro Beach neighbourhood. There's 2,100 sq. ft. of living space, a garage and finished lower level. The open-concept living areas have nine-foot ceilings on the main level, glass staircase and Deslaurier kitchen with quartz countertops. There's a private landscaped outdoor space with deck. Listing agent Kerry Millican is a sales representative with Royal LePage Team Realty, 613-729-9090.

$699,000

Toronto

This home is located on a quiet little street in the east end. It's a renovated, three-bedroom house with hardwood floors and pot lights. Extras include a fridge, stove, built-in dishwasher, washer, dryer, all window coverings and natural gas barbecue. The area has great schools and activities for young children. It's a short walk to Woodbine Beach, Kew Gardens and the TTC. Listing agent Ira Jelinek is with Harvey Kalles Real Estate Ltd., 416-464-1022.

$567,500

Edmonton

This two-storey home in Lakeland Ridge is located on a quiet street. The main floor is bright and open with large windows, with main-floor laundry and a walk-through pantry. Many upgrades throughout the home include nine-foot ceilings, quartz countertops, appliances, lighting fixtures and window coverings. The backyard has a two-tiered deck, and there's a spacious garage. The home is located near walking trails and schools. Jeremy Amyotte is a sales representative with RE/Max Elite, 780-232-7170.

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Brit chic at home

Karl Lohnes
For Metro Canada

As of yesterday, Queen Elizabeth II officially became the longest-reigning monarch in British history. Her 63 years and seven months on the job has officially surpassed the reign of her great-great-grandmother, Queen Victoria. With a record like that it's only fitting we celebrate in the home with some British decor inspiration.

1 Afternoon Tea — Cream wallpaper
Spice up a wall in the kitchen or the interior of an old jam cupboard. $60/roll, GrahamBrown.com

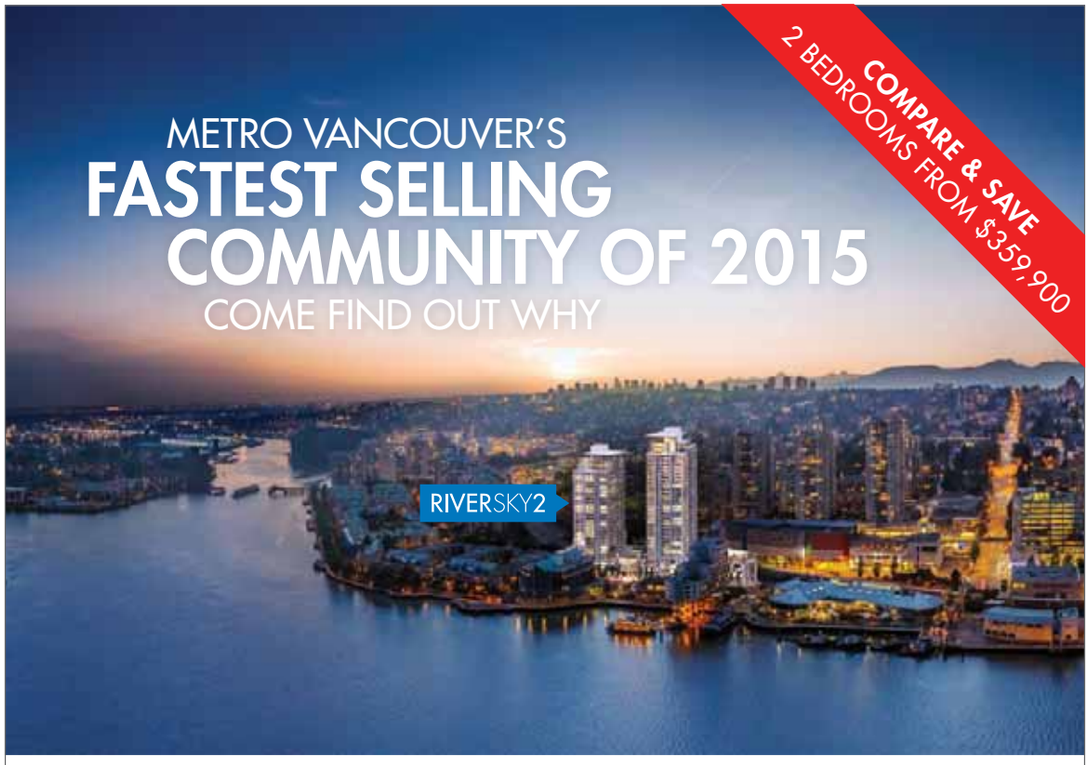
2 Union Jack 20" Decorative Pillow
British pride mixes with luxurious chenille. $15, BedBathAndBeyond.ca

3 Crown 2-Tier Server
Adding style to afternoon or high tea. $60, Pier1.ca

4 1p Stamp Rug
It's handmade art for the floors. From $1,500, StampRugs.com

5 London Fridge Decal by ADZIF
Add some whimsy to an old fridge with vinyl covering that helps take your little kitchen to London-Town. $65, HomeDepot.ca

6 36x52 Queen Red
Life-like in size, the Queen takes on a modern-day feel. $695, ElteMKT.com



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metro SPORTS

CBS announcers promise stats will be used only to enhance NFL broadcasts, not inundate viewers

Caps reclaim first place

MLS

Rivero, Techera score four minutes apart for Vancouver

Cam Tucker
Metro | Vancouver

For a time, the Vancouver Whitecaps appeared destined to once again have difficulty with the Colorado Rapids, despite the fact there is a large gap between the two clubs in the Western Conference standings.

But unlike two previous losses to the Rapids on the road this year, the Whitecaps were finally able to break through a stingy Colorado club on a goal from striker Octavio Rivero in the 73rd minute.

For Rivero, that's his 10th goal of the season. However, he was shown a yellow card immediately after for delaying the restart of the match when he decided to remove his jersey and throw it in the air.

Cristian Techera tallied four minutes later, helping the Whitecaps to a 2-0 win and three points lifting Vancouver over the L.A. Galaxy and back into first place in the West and overall MLS standings with 48 points.

It wasn't until the second half the Whitecaps began to impose their will.

Midfielder Pedro Morales was lifted from the match at the half due to what the club called a tight right hamstring.

Whitecaps goalkeeper David Ousted dives to take the ball away from Marcelo Sarvas of the Rapids on Wednesday night at BC Place Stadium. DARRYL DYCK/THE CANADIAN PRESS

ON WEDNESDAY

2	0
WHITECAPS	RAPIDS

Kianz Froese, who came on in place of Morales, was among the Vancouver players to pose a threat. The 19-year-old Canadian midfielder sailed a shot from in close just wide of the post in a bid to break what was a scoreless deadlock.

While the offence was at first slow to wake, the Whitecaps can thank David Ousted for providing another big save at a critical point in the game. He sprawled out to deny Kevin Doyle on the goal-line with the teams still scoreless early in the second half.

TOURNAMENT OF CHAMPIONS

Major League Soccer wants to hold a competition between the league and cup winners from the United States and England.

In recent years, Manchester United, Chelsea, and Liverpool have played in an annual friendly tournament in the U.S.

MLS commissioner Don Garber said he would like a competition between the English Premier League and FA Cup winners and their U.S. counterparts in New York every year or every four years. THE ASSOCIATED PRESS

WHL

Giants' Benson to have surgery

It appears Tyler Benson's highly anticipated season entering his NHL draft year will get off to a late start.

The Vancouver Giants announced Wednesday that the 17-year-old Benson would undergo surgery for what the club called a "lower-body ailment."

The Giants maintain Benson, who had an impressive showing at the Ivan Hlinka U-18 tournament last month and could potentially be a first-round pick in next June's NHL draft, isn't expected to be out for a lengthy period of time.

45

Benson tallied 45 points last season with the Giants.

"While it's disappointing to see that Tyler may miss some time, we want to make sure he is back at 100 per cent before he returns to the lineup," said Giants general manager Scott Bonner in a statement.

Benson wasn't in the lineup for the Giants when they hosted their intrasquad game last Wednesday in Ladner.

Selected first overall in the 2013 WHL Bantam Draft, Benson scored 14 goals and 45 points in 62 games as a rookie last season.

CAM TUCKER/METRO

CFL

Lions linebacker earning his keep

Asked about his growth with the B.C. Lions, Bo Lokombo seized the opportunity to talk about an important anniversary.

Tuesday, Sept. 8, 2015, marked one full year since Lokombo officially joined the Lions, inking with the local CFL team he and his family have had a connection with since his days with Abbotsford's W.J. Mouat high school football team.

"I've been really happy. I think the biggest thing is just ... keep getting better," said Lokombo, the non-import linebacker, Wednesday.

Lokombo's story isn't just one of a local talent with potential for better things within the Lions defence.

Lokombo grew up in the Democratic Republic of Congo when war ravaged the nation in the mid-1990s.

His family fled to Canada in 1996 to reunite with their father, Leon, who had already landed in Quebec to make a new life for himself, his wife Anne-Marie, and their six children.

After a standout high school career, Lokombo graduated to play in Oregon, before the Lions took a calculated risk by selecting him in the third round of the 2013 CFL Draft.

His NFL aspirations didn't pan out following shoulder surgery last year, and he finally signed with the Lions last September.

"He's evolving in a positive way," said Lions defensive coordinator Mark Washington.

The plan was for Lokombo to take on greater responsibility in the defensive scheme this year, his first full CFL season.

"You want to put the carrot out there so they can chase it but at the same time, these things are earned, they're not given," said Washington.

CAM TUCKER/METRO

Abbotsford's Bo Lokombo BC LIONS

Bet on NFL fans to raise stakes

Odds are pretty good that, over the course of this football season, Canadians tuning in to North America's most popular spectator sport will pour more money into wagers — both legal and otherwise — than they have ever before

Cam Tucker
Metro | Vancouver

A pint of beer sits in front of Owen Munro. A man behind the bar flips the channel to the beginning of the Seattle Seahawks' final exhibition tilt.

The National Football League — so popular among sports fans, including those in Canada who place wagers legally through provincial lottery corporations or illegally through bookies and offshore websites — is back.

Munro, 22, has been betting on football from the time he became the legal age to do so. He won his first-ever bet — $75 from a $20 wager — and he's been doing it consistently for three NFL seasons ever since.

"It's a lot of fun," Munro tells me. "I wouldn't say an addiction, so much. It's a hobby, I guess."

But for Ryan Boyd and John Makrigiannis, betting on football is more than just a hobby. Their decisions are calculated, their emotional attachment diminished if not completely abandoned.

The duo has gone from merely betting on NFL games to launching their own interactive "fanalytics" website, FootballEngineer.com, which allows subscribers to create player rankings and team projections.

The business of betting on the NFL is big in Canada, even though the league doesn't have a team in this country.

The B.C. Lottery Corporation is predicting that the amount of money legally wagered through the corporation on NFL games this upcoming season will surpass the roughly $13.9 million in legal bets placed over the last season, according to a spokesperson

And, in Ontario, the business is far bigger. A representative of the Ontario Lottery and Gaming Corporation told me that from April 2013 through March 2014, $82.3 million out of about $282 million in legal, OLGC-administered sports betting was wagered on the NFL.

"It's an ongoing soap opera and it culminates every Sunday," says Randall the Handle, one of Canada's best-known sports prognosticators, who has used his pseudonym since the 1980s.

"Football's always been the No. 1 betting sport in North America, but it's grown even more over the last five to 10 years."

Not all bets on the NFL are done legally, however.

The Canadian Gaming Association issued a statement prior to the 2015 Super Bowl, stating it estimated $150 million would be wagered illegally on the big game in Canada, compared to $3 million in legal bets.

Bill Rutsey, CEO of the CGA, points to the fact that single-event betting is against the law in Canada as a key reason why some people opt to throw money down illegally.

In 2011, Joe Comartin, an NDP MP for Ontario's Windsor-Tecumseh riding, introduced Bill C-290, which would do away with the ban on single-event betting.

The bill passed in the House of Commons but has remained in the Senate, virtually untouched since October 2014.

"I think most people, if they have a choice between doing something legally and doing something illegally, I think would usually choose to do something legally," Rutsey says.

"I'm not suggesting that every single dollar is going to come from the underground economy to the legal economy, but I would say a great … proportion of it will."

While betting on the NFL remains popular, fantasy sports pools, particularly in football, have experienced a meteoric rise.

Citing numbers from an Ipsos Public Affairs poll, the Fantasy Sports Trade Association in June reported that there are now more than 56 million people in Canada and the U.S. playing fantasy sports.

The organization touts football as the favourite sport among players, at a 73 per cent participation rate.

Vancouver-based sports marketing guru Tom Mayenknecht said the NFL has been successful in attracting the demographic of sports fans aged 18 to 34, and called the rise of fantasy sports a "social phenomena."

"What has happened," said Mayenknecht, "is sports betting has been a driver in people having interest in more than just their favourite team."

As for the start of the NFL season, the Green Bay Packers are favoured to win the Super Bowl, according to VegasInsider.com.

Meanwhile, back in Vancouver, Munro has decided to put his money on another team to win Super Bowl 50, placing a $10 bet on the Baltimore Ravens, at the 22-1 odds offered by VegasInsider.com.

"They're usually right there with New England and Pittsburgh," Munro says. "So at that odd set … it seemed like a good bet to make."

Pittsburgh Steelers quarterback Ben Roethlisberger passes against the Buffalo Bills during a pre-season NFL game on Aug. 29. Gamblers all over North America will be watching closely when the Steelers open their NFL season tonight against the Patriots. GARY WIEPERT/THE ASSOCIATED PRESS FILE

> **"I think most people, if they have a choice between doing something legally and doing something illegally … would usually choose legally.**
> Bill Rutsey, CEO, Canadian Gaming Association

THE SPREAD

In practice the point spread is simple to understand: if Minnesota is favoured by 7-1/2 over New Orleans, then Vikings supporters must see their team win by eight or more to cash in, while Saints fans are happy if Minnesota wins by seven or less, or if the Saints pull an upset.

The rationale underpinning spreads is a bit more complicated. The essential idea is to account for the relative strength and weakness of teams, so as to produce a matchup in which the two sides are as close as possible to being equally valuable to bettors.

The spread is a cumulative calculation performed by small groups of people for a small group of sports books, explains Randall the Handle, a well-known Canadian sports prognosticator.

"Their objective, of course, is to draw equal activity on both sides of that point spread because they don't want the house to be exposed," he said. "Ideally they want 50-50 on the game and they earn a commission.

Ryan Boyd, left, and John Makrigiannis have started their own website, FootballEngineer.com, as an interactive tool for football fans to create their own NFL player rankings and team projections. CAM TUCKER/METRO

Almost $14 million in legal bets passed through the B.C. Lottery Corporation over the last NFL season. JENNIFER GAUTHIER/FOR METRO

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DIVISION DECISIONS

How the NFL standings might look come playoff time in January

AFC EAST

The AFC East got a lot more entertaining with one wacky, drama-filled off-season.

Rex Ryan brought his bluster to Buffalo. The New York Jets cleaned house, welcomed home one of the franchise's best players in Darrelle Revis and saw their quarterback socked in the jaw by a teammate. Miami paid big bucks to bolster an already dominant defensive line by bringing aboard Ndamukong Suh.

But after Deflategate no AFC East team could top the New England Patriots for drama.

And none of them are likely to top the Pats on the field either.

PREDICTED ORDER OF FINISH: Patriots, Dolphins, Jets, Bills.

AFC NORTH

When there's debate about the NFL's toughest division, AFC North teams point out playoff appearances.

Yep. Nobody can top them.

The AFC North has sent more teams to the playoffs than any other division in the last seven years — 15 in all. Last season, the Steelers (11-5) won the division and Cincinnati (10-5-1) and Baltimore (10-6) got wild cards.

That's pretty much the norm.

PREDICTED ORDER OF FINISH: Ravens, Steelers, Bengals, Browns.

AFC WEST

The Denver Broncos have owned the AFC West since Tebowmania swept the NFL in 2011.

They've won the division by an average of 3.67 games behind Peyton Manning, who hasn't had any feeling in the fingertips on his throwing hand since undergoing neck fusion surgery while with the Colts.

PREDICTED ORDER OF FINISH: Broncos, Chiefs, Raiders, Chargers.

AFC SOUTH

Nothing has changed in the AFC South, where the Texans, Jaguars and Titans all are chasing Indianapolis, and the Colts have their sights set so much higher than the division they dominate.

With Andrew Luck taking the Colts one step further in each of his first three seasons and now having some more help, Indianapolis is looking for its third Super Bowl trip in a decade.

PREDICTED ORDER OF FINISH: Colts, Texans, Jaguars, Titans.

NFC EAST

When DeMarco Murray traded the blue star on his helmet for silver and white wings, the balance of power in the NFC East shifted from the Dallas Cowboys to the Philadelphia Eagles.

That might be the difference in a division that's had four different champions in the past four years.

While the Cowboys still have Tony Romo, Dez Bryant and perhaps the best offensive line in the league, they'll miss Murray's franchise-record 1,845 yards rushing.

The New York Giants and Washington Redskins won't be threats.

PREDICTED ORDER OF FINISH: Eagles, Cowboys, Giants, Redskins.

NFC NORTH

The NFL calling card of "competitive balance" has not exactly been evenly distributed.

The Packers have eight of 13 division titles since the NFC North was formed in 2002. That includes each of the last four.

The Packers are 57-22-1 since 2010, 6-4 in the playoffs. Of Green Bay's rivals, Chicago (41-39) owns the lone post-season win in that time and Detroit (38-42) is the only team to qualify more than once.

PREDICTED ORDER OF FINISH: Packers, Vikings, Lions, Bears.

NFC WEST

The Seahawks are again clear favourites, with Russell Wilson, Marshawn Lynch and the addition of Jimmy Graham on offence, and a tip-top defence.

Seattle's closest rival is now likely in the desert, with Carson Palmer returning to Arizona.

If St. Louis is to challenge, it will be because of its elite defence and San Francisco is a team in transition having lost a handful of key personalities, including head coach Jim Harbaugh.

PREDICTED ORDER OF FINISH: Seahawks, Cardinals, Rams, 49ers.

NFC SOUTH

Cam Newton and the Carolina Panthers are the first team since the NFC South was established in 2002 to repeat as division champs, and they see little reason why they shouldn't win it again.

After all, not a single team in the division finished above .500 last season.

Going 7-8-1 was good enough for the Panthers to finish ahead of Atlanta, New Orleans and Tampa Bay, and it's not clear whether any of the teams are much better.

PREDICTED ORDER OF FINISH: Panthers, Saints, Falcons, Buccaneers.

THE ASSOCIATED PRESS
PHOTOS BY GETTY IMAGES

Red Sox light up Blue Jays

MLB

Ortiz homer has him getting close to 500

WEDNESDAY in Boston

10	4
RED SOX	BLUE JAYS

David Ortiz hit his 498th career home run, a three-run shot to cap a four-run third inning, and the Boston Red Sox beat AL East-leading Toronto 10-4 on Wednesday night, sending the Blue Jays to just their second series loss since late July.

Mookie Betts had a solo homer and drove in three runs, and Ryan Hanigan had three hits and three RBIs for Boston, which posted its ninth win in 13 games by taking two of three from Toronto.

Despite the loss, the Blue Jays maintained a 1-1/2 game lead over New York, which lost 5-3 to Baltimore. Toronto heads to Yankee Stadium for a four-game series, beginning Thursday night.

The Blue Jays are 28-9 since July 30, going 9-2-1 in 12 series.

Joe Kelly (10-6) won his eighth consecutive start, the longest stretch by a Boston pitcher since Hall of Famer Pedro Martinez won nine straight in 1999.

Ortiz drove a 2-0 fastball from Drew Hutchison (13-4) into the bleachers in centre field. It was his 32nd home run of the season, and 59th in his career against the Blue Jays, the most by any opponent. He's looking to become the 27th player all-time with 500 homers.

Kelly gave up one run and six hits in 5-2/3 innings.

Mookie Betts of the Red Sox celebrates after hitting a solo homer. GETTY IMAGES

Toronto's Edwin Encarnacion had an RBI single and reached base for a club-record 39th straight game, surpassing Carlos Delgado's 38 in 1998. Chris Colabello hit a three-run homer.

Hutchison was tagged for six runs and six hits in 3-1/3 innings for his second straight rough outing. THE ASSOCIATED PRESS

FIBA AMERICAS SACRE SINKS DOMINICAN REPUBLIC Robert Sacre, who grew up in North Vancouver, rises up for a dunk over the Dominican Republic's Edward Santana during Canada's 120-103 win in FIBA Americas play on Wednesday night. Canada tuned up for the semifinals with its seventh straight win at the tournament. CHRISTIAN PALMA/THE ASSOCIATED PRESS

HOCKEY

Canucks' longtime anthem singer Richard Loney dies

The Vancouver Canucks announced Wednesday that Richard Loney, who sang the national anthems dating back to the club's original NHL season in 1970, has died.

"I was lucky enough to hear him sing O Canada so many times during my playing career," said team president Trevor Linden in a statement on the Canucks website. "He's been such a big part of our team's history and was a true icon in B.C., lending his one-of-a-kind voice to the Lions, Whitecaps, Giants and even at Safeco Field when the Blue Jays would come for their annual visit."

"He supported sports at all levels and often volunteered for charities and for minor-league hockey, baseball and soccer events around the Lower Mainland," Linden added.

"He was such a nice man and I will miss him."

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RECIPE Shrimp Couscous Salad with Chickpeas and Orange Dressing

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Ready in
Prep time: 15 minutes
Cook time: 5 minutes

Ingredients
- 1 cup chicken or fish stock
- 1 cup couscous
- 4 oz cooked, peeled shrimp, chopped
- 1/2 cup drained canned mandarin oranges
- 1/2 cup canned chick-peas, drained and rinsed
- 1/3 cup chopped green onions
- 1/4 cup raisins or dried cranberries

Dressing
- 2 Tbsp thawed orange juice concentrate
- 2 Tbsp lower fat plain yogurt or sour cream
- 2 tsp olive oil
- 1 tsp minced garlic
- 1/4 cup chopped fresh cilantro

Directions

1. In a small saucepan, bring stock to a boil. Remove from heat. Stir in couscous; cover and let stand for five minutes. Fluff with a fork. Transfer to a large bowl, and cool.

2. Stir shrimp, mandarin oranges, chickpeas, green onions, and raisins into couscous.

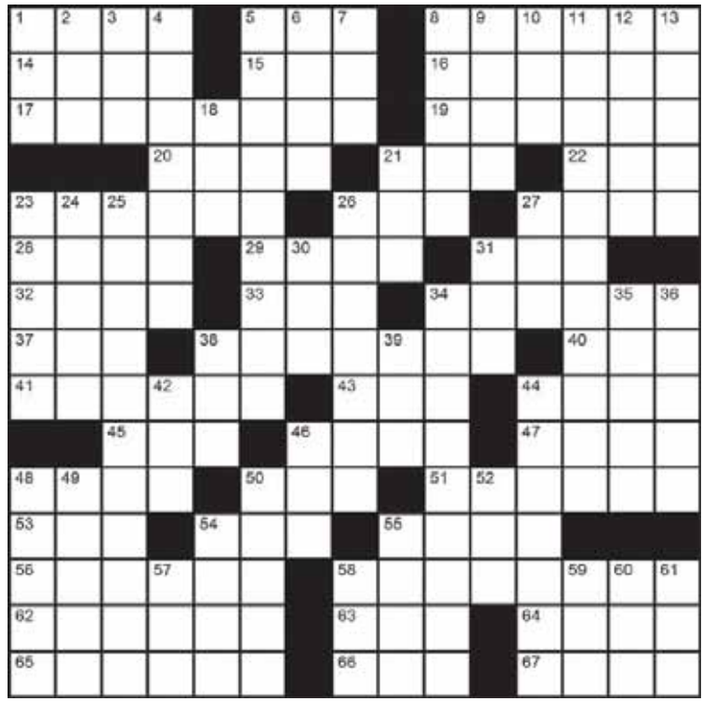
3. To make dressing: In a small bowl, whisk together orange juice concentrate, yogurt, olive oil, and garlic. Pour over couscous mixture; toss to coat. Garnish with cilantro.

Nutrition per serving (recipe serves 6)
- Calories 208
- Protein 10 g
- Carbohydrates 36 g
- Fibre 2.7 g
- Total fat 2.7 g
- Saturated fat 0.4 g
- Cholesterol 37 mg
- Sodium 229 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Gateway
5. Slick
8. "Superman" (1978) star Christopher, and surnamesakes
14. Harp, in Italy
15. Actor's hint
16. Mr. Grenier of "Entourage"
17. Finalist in the current Lay's 'Do us a Flavour!' chips contest: Cowboy _ _ _ _ (The other three finalists are at #56-Across, #5-Down and #11-Down!)
19. The Marriage of _, by Mozart, 1786
20. Mr. Lugosi
21. _ _ & _ (Telecommunications company)
22. Novel
23. Like many a climb's direction
26. '_' _ for Labrador
27. Water's whirl-ee
28. Plane reservation
29. Above
31. Baby guitar
32. Mr. Solo of "Star Wars" (1977), and others
33. "K-_" (2001) starring Kevin Spacey
34. Ready-made, as some houses
37. Yore
38. "The _ Brief" (1993) starring Julia Roberts and Denzel Washington
40. Function
41. Select an audio function
43. Hot beverage holder
44. Gremlins
45. "Rob _" (1995)
46. Style
47. Encounter
48. Eve's guy
50. Sweetie
51. Matures, as a mango
53. CFL official
54. Daze
55. Willing's partner
56. As per #17-Across... _ Chicken
58. When family sits at the dining room table
62. "_ Eleven" (2001)
63. Grampus
64. Russian river
65. Made over
66. Bowl-shaped frying pan
67. Search

DOWN
1. Smidgen
2. Globe
3. Alphabetic trio
4. Hippity-hoppers
5. As per #17-Across... P.E.I. _ Potatoes
6. Roman moon goddess
7. Oui's meaning
8. Castaway get-away-ers
9. Revise
10. Energy unit
11. As per #17-Across... _ _ de Montreal (Montreal Smoked Meat)
12. Dog-_
13. Mr. Owl the Canadian bird
18. Snake-looking splasher
21. Televise
23. One-named male vocalist
24. The Power of Positive Thinking author, Norman Vincent _ (b.1898 - d. 1993)
25. Like many hobbyist projects
26. Vocabulary
27. Just manage, _ out
30. Mr. Kilmer
31. Pot
34. "_ Writer" by The Beatles
35. Tree beavers like
36. Trumps
38. Jimmy
39. Cow's wad
42. "Papa-_-Mow-Mow" by The Rivingtons
44. Momentum
46. Be a ham for the cameras
48. Ann _, Michigan
49. Tie score in tennis
50. Western movie animal
52. Unwell
54. "Twin Peaks" actress Sherilyn
55. 'Air'-meaning prefix
57. Universal principle
58. Maintain the lawn
59. Dublin's country [abbr.]
60. Daisy _ (Li'l Abner character)
61. Deer family member

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will be required to put other people's desires ahead of your own. In fact, working with others will be a great deal of fun, both for them and for you.

Taurus April 21 - May 21
Cosmic activity in your fellow Earth sign of Virgo will make it easy for you to take the risks you dream about but rarely have the nerve to try. Be your own boss and reap the rewards.

Gemini May 22 - June 21
It will pay to go along with what other people want to do today. The more you bow to their wishes now the more likely they will be to support you later on when you want to do your own thing.

Cancer June 22 - July 23
You will be inspired to visit new places and try out new things. You may not be the most adventurous of the zodiac but every now and again you go right the other way and make up for it big time. Such a time is now.

Leo July 24 - Aug. 23
A money-making opportunity will come your way over the next few days but you must act quickly. You can and you must be more adventurous.

Virgo Aug. 24 - Sept. 23
Decisions you make on the spur of the moment will work out well but make sure you know your limits. Don't make promises you can't keep. Think of your reputation.

Libra Sept. 24 - Oct. 23
You need to confront and then deal with those nagging doubts and secret fears that have been holding you back. The more anxious you are the harder it is to think clearly.

Scorpio Oct. 24 - Nov. 22
Any sudden and unexpected changes that take place around the time of Sunday's eclipse are sure to work in your favour. If you want to make a lifestyle change don't hang around and wait for approval.

Sagittarius Nov. 23 - Dec. 21
You need to make more of the skills and talents you were born with. You must be more of a go-getter and self-starter between now and the end of the year. Use your imagination.

Capricorn Dec. 22 - Jan. 20
You must be free to make your own decisions and to come and go as you please. Anyone who tries to limit you i must be told in no uncertain terms to mind their own business — or else!

Aquarius Jan. 21 - Feb. 19
Face up to what you fear the most. Trying to ignore what scares you won't work, so look it in the eye and refuse to be intimidated. Soon you will realize just how powerless it is.

Pisces Feb. 20 - March 20
Try not to take it personally if someone you care for acts coldly towards you. They have some serious issues to deal with, so give them time, give them space, and they will be back to their old selves very soon.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			1		8			
		9		5		4		
	3						1	
6			8		1			2
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Community Mental Health & Addictions Worker
As a Community Mental Health & Addictions Worker, you will be assisting individuals with mental health challenges, housing and addiction issues by encouraging and supporting them in their daily lives. Average starting wage is $18+/hour.

Community Support Worker
As a Community Support Worker (CSW), you will be assisting people with disabilities by modelling, teaching and supporting all functions of living leading to an improved quality of life. You will be an advocate for people with developmental disabilities and help them achieve their best life. Average starting wage is $18/hour.

Early Childhood Educator/Preschool Teacher
As an Early Childhood Educator, you will be supporting young children's early learning and development by providing rich experiences in the areas of: well-being, belonging, exploration, creativity, language, literacies, social responsibility and diversity.

Education Assistant / Special Education Assistant
As an Education Assistant you'll assist elementary and secondary school teachers as they work with students who may require additional support for academic, ESL, behavioural and special needs. You will receive training and certification from the Provincial Outreach Program for Autism and Related Disorders (POPARD). Wages range from $24.05 - $26.91/hour.

Health Care Assistant
This 30 week program prepares you to provide support to elderly individuals and help them maintain a level of independence while easing their pain and improving their quality of life. Your knowledge and abilities will lead you to career opportunities within extended care facilities, home support agencies, and assisted living program centres. Wages range from $17 to $22+/hour. 100% of our HCA grads are employed!

Hospital Administration / Clerical
Train to work in hospitals and healthcare facilities as an Admitting/Registration Clerk, Health Records Clerk; Diagnostic Imaging Clerk, Hospital Switchboard Operator, Medical Secretary and more. Entry level wages from $18.16 - $21.59/hour.

Medical Laboratory Assistant
Medical Laboratory Assistants play an integral role in the health care team, interacting directly with patients as well as health care professionals. Wages range from $20.20 - $24.77/hour.

Medical Office Assistant
Stenberg College's Medical Office Assistant Diploma Program will prepare you to work with healthcare professionals. You'll learn the skills necessary to assist in preparing patients for physicians, surgeons and practitioners, as well as how to perform general office and medical office duties.

Nursing Unit Clerk
As a Nursing Unit Clerk, you will be providing valuable support in patient care departments - utilizing coordination, communication and administration skills to best serve physicians, nurses and other departments. Wages start at $21.40/hour (+12.2% in lieu of benefits).

Optician / Dispensing Optician
Opticians are an integral member of the eye-care team who design, produce and fit eyeglasses, contact lenses and specialized products for their clients. Our program provides training in eyeglass, contact lens fitting and automated refraction. **This program prepares students to successfully complete the national licensing exam.** The average wage for an optician is $21+/hour with the potential to earn more than $85,000/year.

Pharmacy Technician
Working closely with Pharmacists, Pharmacy Technicians ensure that the highest standards of quality and accuracy are met in the compounding and dispensing of drugs that are vital to the survival and well-being of their patients. Regulated Pharmacy Technician **earn $25-$28/hour in hospitals** and **$20-$27/hour working in community pharmacies.** This program is fully accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAAP).

Practical Nursing
As a Practical Nurse, you will be delivering care as part of a primary health care team, working in public and private facilities. Licensed Practical Nurses, or LPNs, care for a wide range of clients in different types of settings ranging from health promotion, to acute care to long-term and palliative care. **We offer Free Biology 12.**

Professional Business Accountant (PBA)
The Professional Business Accountant diploma program prepares graduates to work as a full cycle accountant and earn up to $80,000+ per year. After completion of the 19 month program combined with a minimum of 2 years relevant work experience, graduates are eligible to write an entry to practice exam leading to a Professional Business Accountant (PBA) designation. No degree required. **19 month program including 3 month practicum.**

Psychiatric Nursing
As a Registered Psychiatric Nurse, you will find roles in many areas of health care from psychiatric units in hospitals to community mental health and addiction care facilities. This 23 month program is accredited by the College of Registered Psychiatric Nurses of BC (CRPNBC). Entry-level earnings start at $30.79/hour to $40.42/hour.

Therapeutic Recreation – Gerontology
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